

January | February 2020

Rec Connection

Program Guide

New Year's Day 5K

The Coffee Marathon

Polar Bear Plunge

Women's Suffrage Educational Forum
through Art & Discussion

Challenge Island® Winter Break Camp

African American Cultural Night

Potluck Lunch and Learn

Cold Winter's Night Lantern Tour & Hayride

Artist Night at the Museum

St. Clair Senior Center Open House

Black History: Past, Present and Future

Variety Show at St. Clair Senior Center

Senior Valentine's Tea

Sweetheart Dance at St. Clair

Disney's *The Little Mermaid*, Jr.

Black History Month Triumph Awards



www.murfreesborotn.gov

MPRD Policies	2
Staff Directory	3
Parks & Facilities	4-7
Greenway	7
Special Events	8-9
General Programs	10-13
Aquatics/Pool Schedules	14-15
Athletics	16-17
Cultural Arts	18-21
Outdoor Murfreesboro	22-25
Wellness & Fitness	26-31
Senior Programs	36-59

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Refund Policy*

- Full refund when canceling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports*Com and Patterson Community Center.

**Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.*

Murfreesboro Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Don Turner.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website for the latest updates and changes: www.murfreesborotn.gov/parks

City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.

Administration 615-890-5333

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Vonchelle Stemberge, vstemberge@murfreesborotn.gov

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Outdoor Murfreesboro**Natural Resources 615-893-2141**

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Greenway, Wetlands and Trails

Wilderness Station 615-217-3017

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Patterson Park Community Center & The Washington Theatre 615-893-7439

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St. Clair Street Senior Center 615-848-2550

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Priscilla Murray, pmurray@murfreesborotn.gov

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Jim Davis - jbdavis@murfreesborotn.gov

Parks and Recreation website

www.murfreesborotn.gov/parks

Our Mission

TO PROVIDE

Vibrant Public Spaces

AND INCLUSIVE PROGRAMS,

DELIVERED WITH

Visionary Leadership

and Caring Staff **THAT**

ENGAGE THE

INDIVIDUAL

and **STRENGTHEN THE**

quality of life of our

COMMUNITY

Facility Passes

Patterson Park Community Center and Sports*Com

	Daily	30 Visits	Monthly	Yearly	Family Yearly
Adults	\$4	\$65	\$35	\$300	\$500
Adults (City Resident)	\$4	\$60	\$30	\$270	\$450
Military, Youth, & Seniors	\$3	\$50	\$25	\$200	Not available
Military, Youth, & Seniors (60+) (City Resident)	\$3	\$45	\$20	\$180	Not available

All facilities and offices will be closed on January 1, 2020.

Facility Pass includes admission to both Sports*Com and Patterson Park Community Center, including aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It does not include fee-based classes.

Boro Beach (Sports*Com outdoor pool) requires a separate pass for admission.

For information on the financial assistance policy and facility rental fees, please call the Murfreesboro Parks and Recreation office at 615-890-5333.

30 Visits = 30 daily visits over a 1-year period from date of issue.

Monthly = Unlimited daily visits for 30 days from date of issue.

Yearly = Twelve months from date of issue

Family Pass = The household yearly pass includes admission to Sports*Com and Patterson Park Community Center. Household passes are designed for parents, or parent with dependent children 17 years or younger (22 years or younger if full-time student).



Patterson Park Community Center
615-893-7439

521 Mercury Boulevard, Murfreesboro, TN 37130

Located at Patterson Park in the central area of Murfreesboro. Amenities include: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available to rent seven days a week, and pool rentals are available on weekends.

Hours: Monday - Friday 6:00 am-9:00 pm
Saturday 8:00 am-5:00 pm
Sunday 1:00 pm-5:00 pm



Sports*Com
615-895-5040

2310 Memorial Boulevard
Murfreesboro, TN 37129

Sports*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: Monday - Friday 6:00 am-9:00 pm
Saturday 8:00 am-5:00 pm
Sunday 1:00 pm-5:00 pm

Adams Tennis Complex **615-546-4000**

925 Golf Lane
Murfreesboro, TN 37129



The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

Hours: Monday-Thursday 8:00 am-9:00 pm
Friday 8:00 am-9:00 pm
Saturday 8:00 am-5:00 pm
Sunday 11:00 am-5:00 pm

Barfield Crescent Park **615-890-5333**

697 Veterans Pkwy.
Murfreesboro, TN 37128



Barfield Crescent Park is a 430-acre community park located in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4, 9,10	Seat Approx. 24 each

Bradley Academy Museum and Cultural Center **615-962-8773**

415 S. Academy Street
Murfreesboro, TN 37130



Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, *Education and Empowerment* exhibit, and the *250 Years of Experience* exhibit.

Rental Space (available 7 days/week):

Auditorium: Seats 100-125
(dining area plus theatre section)

Boardroom: Seats 30-40

Hours: Tours are available Tuesday-Saturday
10 am-4:00 pm

Cannonsburgh Village **615-890-0355**

312 S. Front Street
Murfreesboro, TN 37129



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts. The Williamson Chapel, Leeman House, Pavilion, Gazebo, and Lions Club building are available to rent.

Photographers: Taking photographs at Cannonsburgh is free; however, we do ask that you call the office and schedule an appointment, as wedding rentals are taking place year-round on the grounds.

Civic Plaza **615-893-2141**

111 W. Vine Street
Murfreesboro, TN 37130



This park is located at the front entrance of the City of Murfreesboro City Hall. It houses a large open space brick area with amphitheater seating that will accommodate up to 400 persons. The area also has a water feature, shaded walking path and gazebo. The open brick area and amphitheater are available for rent.

Gateway Island and Trail

615-893-2141

1875 West College Street
Murfreesboro, TN 37129



Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half day & full day rentals are available.

McFadden Community Center **615-893-1802**

211 Bridge Avenue
Murfreesboro, TN 37129



The McFadden Community Center is on a 3-acre campus and includes a gymnasium, outdoor playground, two meeting rooms, game room, and the Nourish Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

Hours: Monday-Friday, 3:00 pm-8:00 pm

McKnight Park

615-890-5333

**120 DeJarnette Lane
Murfreesboro, TN
37129**



McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.

1 Picnic Shelter

Seats Approx. 80

Murfree Spring Wetlands

615-890-5333

502 SE Broad Street, Murfreesboro, TN 37130

Adjacent to the Discovery Center, the 25-acre Murfree Spring Wetlands boasts a boardwalk, playground, and conservation education in the middle of the city.



Oaklands Park

615-890-5333

**905 N. Highland Ave.,
Murfreesboro, TN
37130**



This 31-acre neighborhood park surrounds Oaklands Mansion, a historic site operated by Oaklands Association. A large picnic shelter

with restrooms may be rented April - October. The park includes a walking trail, wetlands area, and playground with parking.

Old Fort Park

615-890-5333

1024 Golf Lane

Murfreesboro, TN 37129



Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle Playground, 24 outdoor tennis courts, 8 indoor tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the shelter and are open year-round. Shelter available daily for rental, April - October.

Shelter

Seats Approx. 120

Patterson Park

615-893-7439

521 Mercury Blvd.

Murfreesboro, TN 37130



Patterson Park consists of 10 acres and has a 110,000 square foot facility. Shelters, swimming pool, meeting rooms and theatre are available to rent; please call 615-893-7439. Shelter restrooms are open April - October.

Large Shelter

Seats Approx. 100

Small Shelter

Seats Approx. 50

Richard Siegel Park

615-890-5333

515 Cherry Lane

Murfreesboro, TN 37129



This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.

Shelter No. B

Seats Approx. 30

Shelter No. C

Seats Approx. 30

Shelter No. A

Seats Approx. 75

Rogers Park

615-890-5333

1115 Hunt Street

Murfreesboro, TN 37130



Rogers Park is a 7.5-acre park.

Shelters are available daily for rentals, April-October, with restrooms available.

Shelter No. 1

Seats Approx. 80

Shelter No. 2

Seats Approx. 45

St. Clair Street Senior Center

615-848-2550

325 St. Clair Street

Murfreesboro, TN 37130



The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broaden independence and maintain one's involvement in the community.

Hours: Monday - Friday 6:00 am-7:00 pm

Saturday 8:00 am-5:00 pm

Sunday 1:00 pm-5:00 pm

Wilderness Station

615-217-3017

697 Veterans Pkwy.

Murfreesboro, TN 37128



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.

Winter Hours (November 3-March 9)

Sunday 12:00-5:00 pm

Monday 9:00 am-12:00 pm

Tuesday-Saturday 9:00 am-5:00 pm

Murfreesboro Greenway System

The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 13 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Thirteen trailheads provide access to the Murfreesboro Greenway System.

Thompson Lane Trailhead

2240 N. Thompson Lane

This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

Broad Street Trailhead

1921 N.W. Broad St.

This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. As you travel to the west, there is a wooden overlook that provides a good view of the river.

West College Street Trailhead

1902 W. College St.

Gateway Island Reservations: 615-890-5333

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

General Bragg Trailhead

1450 W. College Street

Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.

1 Picnic Shelter

Seats Approx. 45

Redoubt Brannan Trailhead

1300 W. College St.

This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

Fortress Rosecrans Trailhead

1916 Golf Lane

This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army's advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

Manson Pike Trailhead

1208 Searcy St.

This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom's Mill.

Overall Street Trailhead

410 Overall St.

This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

Old Fort Park Trailhead

916 Golf Lane

Shelter Reservations: 615-890-5333

Located in Old Fort Park, this trailhead is between Kids' Castle playground and eight tennis courts. The shelter provides picnic tables and restrooms.

Cason Trailhead

1100 Cason Trail

Shelter Reservations: 615-890-5333

This addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro. The trailhead is also home to the Cason Bark Park.

Cannonsburgh Village Trailhead

312 S. Front St.

This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

North Murfreesboro Greenway

The **Central Valley Trailhead**, located approximately one-mile from Hwy 231, boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback ("s" curve) hill and a tree-top canopy offering shade.

The **Walter Hill Trailhead** is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.



New Year's Day 5K

The New Year's Day 5k is a Better Boro Project sanctioned event. A health initiative bringing awareness to Healthier Nutritional Habits, Sustainable Community and Accessible Fitness.



Ages: All ages
Date: Wednesday, January 1, 2020
Time: Registration & packet pickup from 9:00-10:45 am
 Race starts at 11:00 am
Register: www.runsignup.com
Contact: Jennifer Joines, jjoines@murfreesborotn.gov

THE BETTER BORO PROJECT



The Coffee Marathon

Here's how it works: Buzz by each of the eight participating coffee shops and walk or run all eight routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport. After completing all the routes, bring your signed passport to Sports*Com for your commemorative coffee mug. You earned it!

Ages: All ages
Date: January 1-March 31
 Registration begins January 1
Fee: \$25, runsignup.com to register & pay
Contact: Jennifer Joines, jjoines@murfreesborotn.gov



*Blue Pony Art,
Kay Currie*

Polar Bear Plunge

There is not a better way to ring in the New Year than plunging in to Sports*Com's frigid outdoor pool! Participants of the Polar Bear Plunge are encouraged to bring nonperishable foods to benefit the Greehouse Ministries. At 8:30 am the Sports*Com gym will be transformed into an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10:00 am, plungers and spectators will make their way to the outdoor pool for the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event.

Ages: All ages
Date: Saturday, January 4
Time: 8:30 am event starts
 10:00 am plunge
Fee: Free with nonperishable food donation
Location: Sports*Com Outdoor Pool
Contact: Cody Saffel, 615-895-5040
csaffel@murfreesborotn.gov



Women's Suffrage Educational Forum through Art & Discussion

The women suffrage movement was the struggle for the right of women to vote and run for office and is part of the overall women's rights movement. Tennessee became the last battleground state for ratification. In 1920, women's right to vote was achieved through the national and local efforts of the National Woman Suffrage Association. We will have a forum with a panel of women in our community's workforce having an open discussion and artists displaying art. Light refreshments will be served.

Ages: 14-Adult
Dates: Thursday, January 16
Time: 6:00-8:00 pm
Fee: Free
Location: Bradley Academy Museum & Cultural Center
Contact: Vonchelle Stembridge, 615-962-8773
vstembridge@murfreesborotn.gov

Murfreesboro City Schools African American Cultural Night

Patterson Park Community Center partners with the Murfreesboro City Schools to celebrate African American culture. Every year we involve city school students, art, authentic food, music, and an educational interactive performance about local history of African American culture. Come celebrate culture and history with our community's youth. Culture is for everybody!

Ages: All ages
Dates: Thursday, January 23
Time: 4:00-7:00 pm
Fee: Free
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
cellis@murfreesborotn.gov

St. Clair Senior Center Open House

If you have ever wondered about the activities & programs at St. Clair, now is the perfect time to come and check it out! The instructors and facilitators will be available to tell you all about their programs and classes. There will be displays, samples, and demonstrations during this time period. Make plans to drop by, ask questions and meet some amazing people. Light snacks will also be served.

Ages: All ages
Dates: Thursday, January 23
Time: 9:30-11:00 am
Fee: Free
Location: St. Clair Senior Center
Contact: Kathy Herod, 615-848-2550
kherod@murfreesborotn.gov

Variety Show at St. Clair Senior Center

Americas Got Talent has nothing on St. Clair's Talent! Join us as we showcase YOUR talents with a night of fun and laughter. Sign-ups will be taken in Kathy's office for those interested in performing. Everyone is a shining star, even if your talent is just showing us support! Bring your friends and family to this glorious event! Light snacks will be offered.

Ages: All ages
Dates: Friday, January 31
Time: 6:00-8:00 pm
Fee: Free
Location: St. Clair Senior Center
Contact: Kathy Herod,
615-848-2550
kherod@murfreesborotn.gov

Black History: Past, Present and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. Also you will be able to embrace the entire culture with music, authentic dishes, and history.

Ages: All ages
Dates: Saturday, February 1
Time: 10:00 am-2:00 pm
Fee: Free
Location: Bradley Academy Museum
& Cultural Center
Contact: Vonchelle Stembbridge
615-962-8773
vstembridge@murfreesborotn.gov

Perform Murfreesboro presents Disney's The Little Mermaid, Jr.

Journey "under the sea" with Ariel and her aquatic friends in Disney's The Little Mermaid Jr., adapted from Disney's Broadway production and the motion picture. Based on one of Hans Christian Andersen's most beloved stories, Disney's The Little Mermaid Jr. is an enchanting look at the sacrifices we all make for love and acceptance.

Ages: All ages
Dates: Thursday, February 13 at 7:00 pm
Friday, February 14 at 7:00 pm
Saturday, February 15 at 7:00 pm
Sunday, February 16 at 2:00 pm
Tickets: \$10 and are available at
<https://www.ticketpeak.com/performmurfreesboro>
Location: Washington Theatre at
Patterson Park Community Center
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Patterson Park Community Center Presents: Black History Month Triumph Awards

Our community has a long history of generating noteworthy and remarkable people that become bold and enterprising examples for each generation. Join us as we tie the connection between our longstanding community heroes and our up and coming influential leaders by recognizing both.

Ages: All ages
Dates: Saturday, February 29
Time: 3:00 pm
Fee: Free
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
cellis@murfreesborotn.gov

PPCC Afterschool Enrichment Program

Be Positive, Be Polite, Be Careful, Be a Champion

Join us weekdays after school for homework help, health and wellness lessons, STEAM projects, sports activities, character development and exciting field trips. An after-school snack will be provided daily.

Ages: 8-13
Days: Monday- Friday
Time: 2:30-6:00 pm
Fee: General Admission
Location: Patterson Park
 Community Center
Contact: Crystal Ellis-McFerrin
 615-893-7439
 cellis@murfreesborotn.gov

Challenge Island® Winter Break Camp

Looking for some fun during the winter break? Join us for the Challenge Island® Winter Break Camp! Built around pop culture themes that kids love, each STEAM challenge is a global adventure. The activities will take each participant to a different geographical destination as well as provide a look at the local flavor there.

Ages: 8-13
Dates: Thursday & Friday,
 January 2 & 3
Time: 9:00 am-12:00 pm
Fee: \$40/day or \$70 two days
Location: Patterson Park
 Community Center
Contact: Crystal Ellis-McFerrin,
 615-893-7439
 cellis@murfreesborotn.gov

Adult Church Scene Painting Class

Join me and paint a Church scene with Acrylics. An easy and relaxing class for sure. All materials are provided. Please call and register to save your spot. Space is limited.

Ages: Adult
Date: Thursday, January 9
Time: 6:00-8:00 pm
Fee: \$20 (\$5 class + \$15 supplies)
Location: Gateway Island
Contact: Amy Acla, 615-893-2141
 aacla@murfreesborotn.gov



Sensory Saturday at Bradley

Sensory stations are ways to allow children to meet their sensory needs. It opens the door for free play. Creating time for your child, of any age, to engage in sensory play is imperative for their long-time learning and health. The entire family can tour the museum while visiting sensory stations throughout the facility.

Ages: 7 and under
Date: Saturday, January 11
Time: 11:00 am-2:00 pm
Fee: Free for kids
 \$4 per adult
Location: Bradley Academy Museum &
 Cultural Center
Contact: Amanda Pratt, 615-962-8773
 apratt@murfreesborotn.gov

Come on Caller, Make Me Holler, Bingo!

Join us, bring a friend, and prepare to have a great time, while building new friendships. Bingo is every 2nd and 4th Tuesday of each month. You will meet people in your community who enjoy friendly competition as you all compete for various prizes. Grand prizes will be given out at the end.

Ages: Adults & Seniors
Date: Tuesday, January 14 & 28
 Tuesday, February 11 & 25
Time: 10:00-11:00 am
Fee: Facility Pass (\$4 Adults/\$3 Seniors)
Location: Bradley Academy Museum &
 Cultural Center
Contact: Vonchelle Stemberge
 615-962-8773
 vstembridge@murfreesborotn.gov

Potluck Lunch and Learn at Cannonsburgh Village:

How to Help our Outdoor Friends

We will learn how to help the outdoor four-legged and feathered creatures we call our friends all while enjoying a potluck lunch. Participants will create a pine cone bird feeder. Limited seating is available. Call 615-890-0355 to reserve your seat. Admission is a potluck lunch item to share.

Ages: Adults & Seniors
Date: Wednesday, January 15
Time: 1:00 pm
Fee: Bring a food item to share.
Location: Cannonsburgh Village
Contact: Cannonsburgh Village, 615-890-0355

Distressed Picture Frame

We will paint and distress two 8 x 10 pieces of wood then decorate to make a one of a kind photo display. This will encourage you to print off some of those pictures you have taken over the past year. Stencils and lots of ribbons and bows will be provided. Please call and register to save your spot. Space is limited.

Ages: Adult
Date: Thursday, January 23
Time: 6:00-8:00 pm
Fee: \$25 (\$5 class + \$20 supplies)
Location: Gateway Island
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov



Valentine Frog Jugs for Kids

Let's make a Valentine jug that will hold all your valentines. This painted milk jug will be a very special frog when you are done, crown and all. All supplies will be provided. Please call and register to save your spot. Space is limited.

Ages: 5-17
Date: Thursday, February 6
Time: 4:30-6:00 pm
Fee: \$5
Location: Gateway Island
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov



Cold Winter's Night Lantern Tour & Hayride

Join us for a guided lantern tour led by the Stones River Paranormal Group, and hayride of the village. The tour will include stories and history of life in the 1800s.

Ages: All ages
Date: Friday, January 24
Time: 6:00 pm
Fee: \$5
Location: Cannonsburgh Village
Contact: Cannonsburgh Village, 615-890-0355

Artist Night at the Museum

Spending time with your friends or family enjoying live music, spoken word, different styles of dance, and appreciating artwork is a great way to bond. Shared creative experiences will become memories that can last a lifetime.

Ages: Adults
Date: Friday, January 24
Time: 7:00 pm
Fee: Free
Location: Bradley Academy Museum & Cultural Center
Contact: Amanda Pratt, 615-962-8773
apratt@murfreesborotn.gov

HOW TO REGISTER

REGISTRATION LOCATIONS

Cash, Check &
Credit Card Payments at
Sports*Com
Administrative Office
Patterson Park Community Center

REGISTER ONLINE*

www.murfreesborotn.gov/parks
Credit card payments only.

*Contact Murfreesboro Parks
and Recreation
during regular office hours
at 615-890-5333
or email Debbie Terry at
dterry@murfreesborotn.gov
to receive your account information
prior to registering online.

Sensory Night at Bradley

Sensory stations are ways to allow children to meet their sensory needs. It opens the door for free play. Creating time for your child, of any age, to engage in sensory play is imperative for their long-time learning and health. The entire family can tour the museum while visiting sensory stations throughout the facility.

Ages: 8-13
Date: Thursday, February 6
Time: 6:00-8:00 pm
Fee: Free for kids
 \$4 per adult
Location: Bradley Academy Museum & Cultural Center
Contact: Amanda Pratt, 615-962-8773
 apratt@murfreesborotn.gov

or

Ages: 14-22
Date: Thursday, February 20
Time: 6:00-8:00 pm
Fee: Free for kids
 \$4 per adult
Location: Bradley Academy Museum & Cultural Center
Contact: Vonchelle Stemberge, 615-962-8773
 vstembridge@murfreesborotn.gov



Teddy Bear Valentine Tea

Celebrate Valentine's with a Teddy Bear Tea. Dress in your Valentine attire and enjoy refreshments and a themed craft. Children must be accompanied by an adult. Space is limited, so reserve your place at the tea early.

Ages: 4-10
Date: Saturday, February 8
Time: 1:00-2:30 pm
Fee: \$2.50
Location: Cannonsburgh Village
Contact: Cannonsburgh Village, 615-890-0355



Senior Valentine's Tea

Enjoy a Valentine Day themed tea and learn a little about Valentine's Day customs and high and low tea. Plus participants will take home a Valentine treat! Spaces are limited, so call early to reserve your place at the tea.

Ages: 50+
Date: Thursday, February 13
Time: 2:00-3:30 pm
Fee: \$2.50
Location: Cannonsburgh Village
Contact: Cannonsburgh Village, 615-890-0355

Adult Valentine

"Love Birds" Painting Class

We will be painting a pair of love birds swinging on a perch. This would be a great gift, or just come out for a fun night. Materials are provided. Please call and register to save your spot. Space is limited.

Ages: Adult
Date: Thursday, February 13
Time: 6:00-8:00 pm
Fee: \$20 (\$5 class + \$15 supplies)
Location: Gateway Island
Contact: Amy Acla, 615-893-2141
 aacla@murfreesborotn.gov



Sweetheart Dance at St. Clair

Bring your sweetheart and dance the night away! Light refreshments will be served. Tickets are \$5.00 at the door.

Ages: 60+
Date: Friday, February 14
Time: 6:00-9:00 pm
Fee: \$5 at the door
Location: St. Clair Senior Center
Contact: Kathy Herod, 615-848-2550
kherod@murfreesborotn.gov



Potluck Lunch and Learn at Cannonsburgh Village:

Love & Laughter in the Victorian Era

Learn about Victorian customs while enjoying a potluck lunch followed by a creative project from the era. Limited seating is available. Call 615-890-0355 to reserve your seat. Admission is a potluck lunch item to share.

Ages: Adults & Seniors
Date: Thursday, February 19
Time: 1:00 pm
Fee: Bring a food item to share.
Location: Cannonsburgh Village
Contact: Cannonsburgh Village, 615-890-0355

MPRD Refund Policy

- A full refund will be given when canceling at least two weeks prior to the camp, program or activity.
- A 50% refund of the total fee paid will be given when canceling or dropping out of the camp, program or activity less than two weeks prior to the start of the camp, program or activity.
- No refunds will be given the day of or after the start of the camp, program or activity.

American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites include a 300-yard Swim & 20-yard brick retrieval. Upon course completion, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration. **Registration is required.**

Ages: 15+
Date: January 16-19, 2020
Thursday-Sunday
Contact: Cody Saffel for more information at 615-895-5040 or csaffel@murfreesborotn.gov



American Red Cross Lifeguard Instructor Class

Become certified to teach the American Red Cross Lifeguard Courses! Participants must be currently certified as an American Red Cross Lifeguard and be at least 17 years old. **Registration is required.**

Ages: 17+
Date: January 16-19, 2020
Thursday-Sunday
Contact: Cody Saffel for more information at 615-895-5040 or csaffel@murfreesborotn.gov

SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6:00-8:00 am 11:00 am-6:00 pm 7:00-8:45 pm	6:00-8:00 am 11:00 am-4:00 pm **7:00-8:45 pm (Thursday only)	9:15-11:45 am ***1:00-4:30 pm	***1:00-4:30 pm
Shallow H2O Exercise	8:00-9:00 am 6:00-7:00 pm	8:00-9:00 am	Not available	Not available
Gentle Joints	9:00-10:00 am	Not available	Not available	Not available
Deep H2O Exercise	10:00-11:00 am	9:00-10:00 am 5:00-6:00 pm 6:00-7:00 pm	8:15-9:15 am	Not available
Individual Exercise	10:00-11:00 am	9:00-11:00 am	Not available	Not available
Open Swim	7:00-8:45 pm	**7:00-8:45 pm	1:00-4:30 pm	1:00-4:30 pm
Water Polo	Not available	**7:00-8:45 pm (Tuesday Only)	Not available	Not available
Pool Rentals	Not available	Not available	12:00-1:00 pm 5:00-7:00 pm	5:00-7:00 pm

**Open swim on Tuesdays is limited to shallow end only during the water polo program from 7:00-8:45 pm.

*** One lane available for lap swim during the 1:00-4:30 pm Open Swim Times on Saturday & Sunday.

Polar Bear Plunge

There is not a better way to ring in the New Year than plunging into Sports*Com's frigid outdoor pool the first Saturday in January. Participants of the Polar Bear Plunge are encouraged to bring nonperishable foods to benefit Greenhouse Ministries. At 8:30 am the Sports*Com gym will once again be transformed to an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10:00 am, plungers and spectators will make their way to the outdoor pool to take the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event.

Ages: All ages
Date: Saturday, January 4
Time: 8:30 event starts, 10:00 am Plunge
Fee: Free with nonperishable food donation
Location: Sports*Com Outdoor Pool
Contact: Cody Saffel, 615-895-5040
 csaffel@murfreesborotn.gov

Check out page 13 for information on Red Cross Lifeguard Classes.

Aquatic Class Descriptions

Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals & muscle conditioning in the indoor pool shallow end.

Gentle Joints

A perfect class for those requiring impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool. If you have never played before, we will gladly go over it all with you to let you learn at your own pace. If you are a college pro at the sport, come join the team!

Ages: 13+
Dates: Ongoing Tuesdays from 7:00-8:45 pm
Location: Sports*Com Indoor Pool
Fee: \$4 Adults/\$3 Youth, Seniors & Military
Contact: Cody Saffel, 615-895-5040
 csaffel@murfreesborotn.gov

PATTERSON PARK INDOOR POOL SCHEDULE

General Admission: \$4 Adults & \$3 Youth, Seniors & Military

Carrie Stafford, 615-893-7439 or cstafford@murfreesborotn.gov for more information

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6:00 am-12:45 pm 2:00-4:00 pm 7:00-8:45 pm	6:00 am-12:45 pm 2:00-8:45 pm	6:00 am-12:45 pm 2:00-6:30 pm	8:00-11:00 am	1:00-4:30 pm
Anchor Down Aqua	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	Not available	Not available
Squeaks & Creaks	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	Not available	Not available
Recreational Pool Play & Open Swim	10:00 am-12:45 pm 2:00-4:00 pm 7:00-8:45 pm	10:00 am-12:45 pm 2:00-8:45 pm**	10:00 am-12:45 pm 2:00-6:30 pm**	1:00-4:30 pm	1:00-4:30 pm
Liquid Yoga	5:00-5:50 pm	Not available	Not available	Not available	Not available
Paddle Board Yoga	6:00-7:00 pm Mondays only	Not available	Not available	Not available	Not available
**Pool Rentals	Not available	Not available	7:00-9:00 pm **Pool closes at 6:30 pm	11:00 am-1:00 pm 5:00-7:00 pm	5:00-7:00 pm

*Lap lanes may vary throughout the day and week.

** Water is cleared 15 minutes before each pool party is scheduled to end for cleanup time.

Aquatic Class Descriptions

Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteus areas. Progressive water exercises are programmed to strengthen, define, and tone.

Liquid Yoga

A yoga class for all experience and ability levels. This class is great for sore joints and moms-to-be. This class involves no poses that will put your head under water.

Squeaks 'n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

Paddleboard Yoga

Recommended for people who have some previous yoga experience. Please arrive ten minutes early to set up your paddle board. Yoga will be performed while balancing on a paddle board. This class will rely on listening for directions more so than watching due to the balance on the boards. Suits are recommended BUT shirt and shorts might be a good idea too, due to poses out of water. This will be a FUN class, whether you have ever done yoga or been on a paddle board before. Class is limited to 6 and **you must preregister for this class. Call 615-893-7439, or sign up in person.**

Early Bird Swim @

Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools. Lap lanes open in both facilities, so you may swim as many laps as you can!

Ages: All ages

Date: Ongoing on Monday- Friday

Time: 6:00 - 8:00 am

Location: Sports*Com & Patterson Park Indoor Pools

Fee: Facility Pass

\$4 Adults/\$3 Youth, Seniors & Military

Contact: Carrie Stafford, 615-893-7439

cstafford@murfreesborotn.gov

Homeschool Swim Technique Training

We are now offering swim technique training for homeschool children during the day. Swimming is a great source of exercise, and there are good skills to be had by all. If you have any questions, please contact Carrie Stafford with the information listed below.

Ages: Youth who can swim 25 yards (one length of pool) without stopping

Dates: Ongoing on Tuesdays & Thursdays

Time: 1:00-2:00 pm

Location: Patterson Park Indoor Pool

Fee: Facility Pass, \$3 Youth

Contact: Carrie Stafford, 615-893-7439

cstafford@murfreesborotn.gov

Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults (16+)
Dates: Mondays
Time: Games begin at 6:00, 7:00 & 8:00 pm
Fee: \$4 per player per visit or premium pass
Location: Patterson Park Community Center
Contact: Sami Hull, 615-907-2251
 shull@murfreesborotn.gov

Youth Volleyball Class

Bump, set, and spike it at Sports*Com as qualified coaches give instructions on the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills in both practice and game situations.

Ages: 8-15
Days: Thursdays
Time: 4:30-6:00 pm
Fee: \$3 per visit
Location: Sports*Com
Contact: Sami Hull, 615-907-2251
 shull@murfreesborotn.gov

Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights and the competition is stiff. Teams wanting to get in the league can call the contact number below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults
Dates: Thursdays
Time: Games will begin at 6:00, 7:00, 8:00 pm
Fee: \$4 per player per visit or premium pass
Location: Sports*Com
Contact: Sami Hull, 615-907-2251
 shull@murfreesborotn.gov

Toddler Time with Thomas

Toddlers love to play, and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN!

Ages: 5 and under
Days: Fridays
Times: 10:00 am
Fee: \$3 per visit
Location: Sports*Com
Contact: Thomas Laird, 615-907-2251
 tlaird@murfreesborotn.gov

Spring Racquetball League

Murfreesboro Parks and Recreation offers competitive and recreational racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below if interested.

Ages: Adults
Dates: Sign up February 1-March 2
 Matches start March 10
Time: Players are responsible for scheduling their own games throughout the week after the master schedule is posted.
Fee: \$15 league entry fee & premium admission
Location: Patterson Park Community Center
Contact: Alex May, 615-907-2251
 amay@murfreesborotn.gov

Sports*Com Adult Basketball League

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. The league offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact number below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults
Dates: Wednesdays beginning in February
Time: Games will begin at 6:00, 7:00, 8:00 pm
Fee: \$4 per player per visit or premium pass
Location: Sports*Com
Contact: Alex May, 615-907-2251
 amay@murfreesborotn.gov

Spring Adult Softball League

Spring Adult Softball League coaches' meeting is set for February 23, 2020 at 2 p.m. at the McFadden Community Center. The Spring Adult Softball League is designed for adults, 18 years of age and older, to compete against other players. Space is limited, so please have a team representative at the coaches' meeting. Both Men's and Women's Divisions will be offered. Players without a team may contact us to be placed on the free agent list.

Ages: 18+
Dates: Coaches' Meeting on February 23 at 2:00 pm
Tentative Start Date: Week of April 6
Games: Monday-Friday nights
Fee: \$550 per team
Location: Coaches' Meeting at McFadden Community Center Gym
Contact: Sami Hull, 615-907-2251
shull@murfreesborotn.gov

League Contact Information

Murfreesboro Soccer Club
www.murfreesborosoccer.com
admin@murfreesborosoccer.com

League Contact Information

Murfreesboro Lacrosse League
www.murfreesborolacrosse.com

Murfreesboro Pickleball League
Imidgett992@gmail.com
Phone: 615-210-6176

Miracle League
miracleleague@murfreesborotn.gov

Stones River Kiwanis - Girls Softball
Plays at McKnight Park Ball Complex
www.murfreesborosoftball.com
maggie.ingle09@yahoo.com

Murfreesboro Baseball Association
Plays at Barfield Crescent Park
www.murfreesborobaseball.com
registration@murfreesborobaseball.com

Murfreesboro Little League
Plays at Star*Plex in McKnight Park
<http://www.mborolittleleague.com/site>



The Adams Tennis Complex is a state-of-the-art facility with 8 indoor courts and 24 outdoor courts, locker rooms, ball machines, and a staff of certified professionals with a wealth of experience coaching players at every level of the game. We offer tennis programs the whole year-round for players of every age and level.

Juniors: There are classes for children from 4 years old through High School, of all skill levels, offered Monday through Thursday afternoons and Saturday mornings. Classes are divided into age groups and skill levels and last anywhere from 45 minutes to 2 hours per class depending on the child's age and ability. Costs range from \$13 to \$20 per hour depending on the level and the number of classes you sign up for. There are discounts for ATC Members.

Adults: Adult Programs are also offered, including Begin Again classes, for new or returning players who haven't played recently. Cardio Classes for a fast paced cardio workout on the tennis court while hitting lots of balls, and Men's And Women's classes for varying ability levels. There are also singles ladders that pair you with an opponent of similar ability on a weekly basis, as well as tournaments, league play and mixers. Costs range from \$13 to \$20 per hour depending on the level and the number of classes you sign up for. There are discounts for ATC Members.

PERFORM MURFREESBORO



Perform Murfreesboro

Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. PERFORM MURFREESBORO BELIEVES: Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

Perform Murfreesboro Membership

Perform Murfreesboro Members gain access to a wide variety of programming at no extra cost to them after a \$25.00 membership fee. The membership lasts for one fiscal year (July 2019 - June 2020) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions in which they are involved. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

Ages: 6 - 17 years

Fee: \$25

Location: The Washington Theatre at Patterson Park
Community Center

Register: Patterson Park, Sports*Com, or Parks and
Recreation Main Office

Contact: Susan Hicks; 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro – Auditions

Auditions are open for everyone with age limitations for some productions. Perform Murfreesboro Membership is not required to audition for a production but is required if your child is cast in the production. Auditioning can sound like a scary experience, but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings.

Ensemble Show Choir

Perform Murfreesboro's Ensemble Choir and Show Choir are combining this semester on Tuesday evenings to prepare for our Spring Performance of American Pop Forever! This high energy musical revue features songs from the 1950s to today and includes favorites by artists such as Elvis, Joan Jett, Billy Joel, Paula Abdul, Boyz II Men, Janet Jackson, and many more. This class is open to both homeschool and traditional school students and will meet each Tuesday evening from 5:00-6:00 pm. American Pop Forever will perform in the Spring of 2020.

Ages: 9-high school seniors

Date: Class begins Tuesday, January 7

Time: 5:00-6:00 pm

Fee: Perform Murfreesboro Membership + \$50 supply fee

Location: Washington Theatre at Patterson Park Community Center

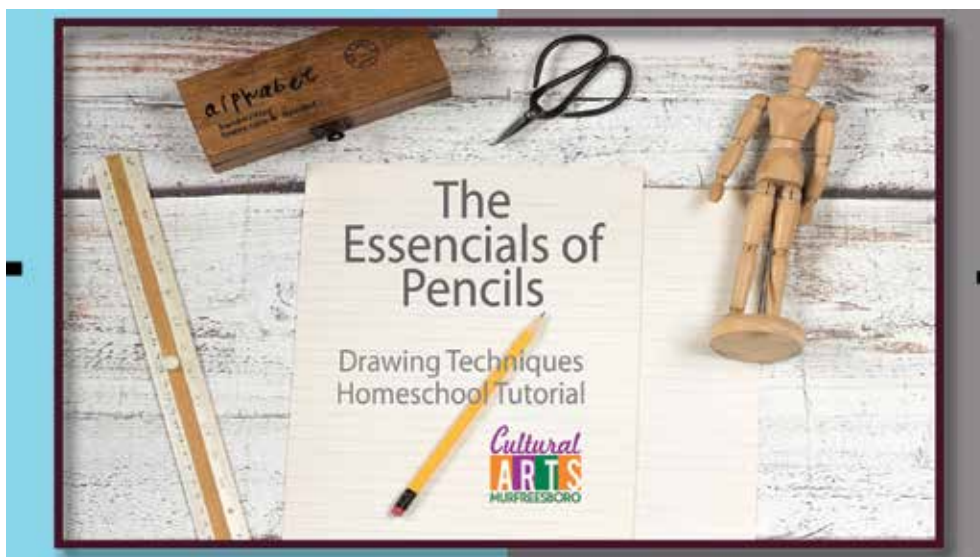
Contact: Susan Hicks, 615-893-7439
shicks@murfreesborotn.gov

Improve with Improv

Communication is key. Soft skills, conversation skills, social skills... the art of communication. Communication is vital to every winning organization, and having strong communication skills is the most common sought-after trait when seeking new employees.

We're all improvisers, not just comedians, jazz musicians and politicians. Every conversation is an improvisation. This class is ideal for individuals and groups trying to learn new ways of looking at communication, and the art of Improv, while having a lot of fun.

Ages: 16-Adult
Dates: Tuesday, January 7
Times: 6:00-7:30 pm
Cost: \$10
Location: Gateway Island
Contact: Deb Hunter, 615-801-2606
dhunter@murfreesborotn.gov



Essentials of Pencils: Homeschool Tutorial

Join us as we collect new tools & skills to put into our artist tool kit!

Draw & Learn

In this **2-part** drawing technique class we will explore the elements of line, texture and pattern along with basic form and shading techniques. The pencil is one of the most versatile and easily accessed items in the artist's toolbox. Have fun exploring the many ways you can utilize it to its fullest and strengthen your drawing and design skills for future art projects. Class size is limited.

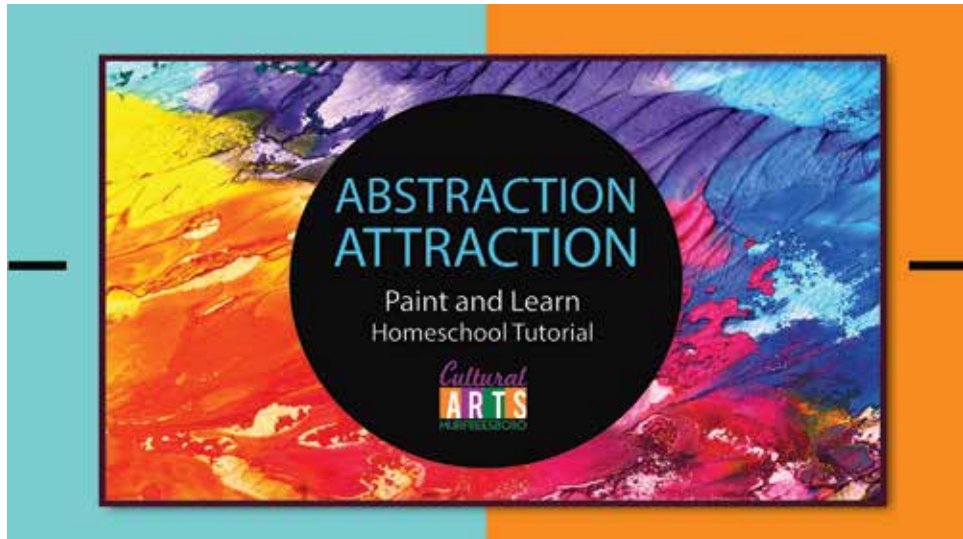
Contact: Lisa Browning, 615-893-2141
lbrowning@murfreesborotn.gov

Drawing Techniques Lesson 1

Ages: 7-13
Dates: Tuesday, January 14
Times: 1:30-3:00 pm
Cost: \$10 (\$7 class fee + \$3 activity fee)
Location: Gateway Island

Drawing Techniques Lesson 2

Ages: 7-13
Dates: Tuesday, January 21
Times: 1:30-3:00 pm
Cost: \$10 (\$7 class fee + \$3 activity fee)
Location: Gateway Island



Abstraction Attraction Homeschool Tutorial

What makes a work of art abstract and just how do you go about creating one yourself?

Paint & Learn

In this **2-part** series on the Abstract Art movement we will explore the elements of art, while trying our hand at two styles of Abstract Art. Each week your child will be introduced to an abstract artist, their materials of choice, and the opportunity to create their own version. Join us in the fun, and see what the attraction to abstraction is all about! Class size is limited. \$5 discount for siblings attending the same class.

Contact: Lisa Browning, 615-893-2141
lbrowning@murfreesborotn.gov

Abstract Lesson 1

Ages: 7-13
Dates: Tuesday, February 4
Times: 1:30-3:00 pm
Cost: \$20 (\$15 class fee + \$5 activity fee)
Location: Gateway Island

Abstract Lesson 2

Ages: 7-13
Dates: Tuesday, February 18
Times: 1:30-3:00 pm
Cost: \$20 (\$15 class fee + \$5 activity fee)
Location: Gateway Island

Perform Murfreesboro Auditions Disney's "Frozen, Jr."

The enchanting modern classic from Disney is ready for your Broadway Junior stars! Frozen JR. is based on the 2018 Broadway musical, and brings Elsa, Anna, and the magical land of Arendelle to life, onstage. The show features all of the memorable songs from the animated film, with music and lyrics by Kristen Anderson-Lopez and Robert Lopez, plus five new songs written for the Broadway production.

A story of true love and acceptance between sisters, Frozen JR. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen JR. is sure to thaw even the coldest heart! **Performance dates are April 23, 24, 24 and 26.**

Ages: 6-17
Dates: January 29 & 31
Times: 4:00-9:00 pm

Audition packets will be available on January 2.

Cost: Free to audition; \$25 Perform Murfreesboro Membership required to perform.

Location: Washington Theatre at Patterson Park Community Center

Contact: Leslie Wright,
lwright@murfreesborotn.gov

PERFORM MURFREESBORO

presents

Disney's

The Little Mermaid, Jr.



Journey “under the sea” with Ariel and her aquatic friends in Disney’s The Little Mermaid JR., adapted from Disney’s Broadway production and the motion picture (featuring the enormously popular Academy Award-winning music and delightfully charming book and lyrics). Based on one of Hans Christian Andersen’s most beloved stories, Disney’s The Little Mermaid JR. is an enchanting look at the sacrifices we all make for love and acceptance.

Ages: All ages

Dates: Thursday, February 13 at 7:00 pm
Friday, February 14 at 7:00 pm
Saturday, February 15 at 7:00 pm
Sunday, February 16 at 2:00 pm

Tickets: \$10
Available at <https://www.ticketpeak.com/performmurfreesboro>

Location: Washington Theatre at
Patterson Park Community Center

Contact: Susan Hicks,
615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Community Gallery

Our exhibition programming will highlight young, emerging, and established local and regional contemporary artists to foster an environment of exchange where different voices and experiences are represented across experimental and traditional mediums. This project space showcases and supports novel art and ideas that promote accessibility, inclusion, and creative growth in a manner appropriate to the community space in which it resides.

This space exists to introduce contemporary art into a community space where people already gather, and to those who may not have regular access to art museums and galleries. The nature of Patterson Community Center as a historic place of collective activity and exchange in the community provides a practical model for social practice in contemporary art. The gallery extends established artists the opportunity to show their work outside of normal art-world settings and presents the work of those who are not able to show their work in other capacities. This space does not fit traditional curatorial expectations, but instead hopes to offer an example of an evolving and educational contemporary art space that reflects both the community and conversations relevant to the world at large.

Location: Washington Theatre at Patterson Park
Contact: Susan Hicks,
shicks@murfreesborotn.gov





Outdoor

MURFREESBORO

Nature Painting

Join us as local artist Bobbie Ventura leads us in painting a beautiful nature scene on canvas! All supplies are provided, as well as instruction.

Ages: 10+
Under 13 must be accompanied by adult.
Days: Saturday, January 4 and February 8
Time: 10:00 am-12:00 pm
Location: Wilderness Station
Contact: Wilderness Station
615-217-3017



Animal Encounters

Join us for a short program introducing you to one of our education animals! We will talk about the animal's cool adaptations and natural history.

Ages: All ages
Days: Saturdays in January & February
Time: 1:30 pm
Fee: Free
Location: Wilderness Station
Contact: Outdoor Murfreesboro,
615-217-3017
outdoormurfreesboro@murfreesborotn.gov

Who is Hibernating?

Feel some animal pelts and look at cool biofacts as we discuss the different ways that animals get ready for the cold! Come to the Station to find out who's slumbering through winter in Tennessee.

Ages: 4+
Days: Saturday, January 4
Time: 2:30 pm
Fee: Free
Location: Wilderness Station
Contact: Shay Linell, 615-217-3017
slinell@murfreesborotn.gov



Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday, and learn about the wonderful, wacky wildlife that lives in Tennessee.

Registration is required.

Please call the Tuesday before class to register.

Ages: 1-4 years with adult
Days: Wednesdays in January & February
Time: 9:30 am
Please call the Tuesday before to register.
Fee: \$3
Location: Wilderness Station
Barfield Crescent Park
Hailey Meyer, 615-217-3017
hmeyer@murfreesborotn.gov

Raptor Rhapsody

Have you ever looked an owl in the eye, glared at a red-tailed hawk up close, or checked out a falcon's wings? Here is your chance to get up close and personal with a live bird of prey and learn about these master predators of the sky. Rain or shine as we will move inside during inclement/dark weather.

Ages: All ages
Days: Wednesday, January 8
Wednesday, January 22
Wednesday, February 5
Wednesday, February 19
Time: 4:00 pm
Fee: Free
Location: Wilderness Station
Barfield Crescent Park
Contact: Wilderness Station, 615-217-3017
dthomas@murfreesborotn.gov



Long Hunter State Park

Come explore Tennessee's amazing state park system! The Long Hunter loop paved trail meanders along Couchville Lake with the cross-country hike to the Bryant's Grove area and back. The 6-mile hike is rated easy to moderate. Sinkholes and cedar glades are just a few cool features we will explore on this interpretive hike!

Ages: 10+
Those under 18 must be accompanied by an adult.
Days: Saturday, January 18
Time: 8:00 am
Meet at Wilderness Station
Fee: \$10
Location: Wilderness Station
Contact: Eric Fann, 615-217-3017
efann@murfreesborotn.gov

Henry Horton Hike

Come explore Tennessee's amazing state park system! The Hickory Ridge Loop at Henry Horton State Park is a 1.5 mile dirt trail rated easy to moderate. Sinkholes and cedar glades are just a few cool features we will explore on this interpretive hike!

Ages: 7+
Those under 18 must be accompanied by an adult.
Date: Saturday, January 25
Time: 9:00 am
Meet at Wilderness Station
Fee: \$10
Location: Wilderness Station
Contact: Hailey Meyer, 615-217-3017
hmeyer@murfreesborotn.gov

World Wetlands Day

February 2 is World Wetlands Day, but we will be celebrating on February 1! Join us at the Wilderness Station as we take an in-depth look at what wetlands are and why they are so important. Then we will load up in the Outdoor Murfreesboro vans for a 15-minute drive to Murfree Spring wetland for an interpretive walk on the boardwalk! If we are lucky, we will see the resident river otters! Registration is required, as space is limited!

Ages: 6+
Dates: Saturday, February 1
Time: 9:00 am-12:00 pm
Fee: \$2 per person
Location: Wilderness Station
Contact: Hailey Meyer, 615-217-3017
hmeyer@murfreesborotn.gov

Winter Science Camp for Homeschool Students

Our Winter Science Camp is a fun-filled week of learning for students aged 8-12. We cover curriculum standards in the fields of chemistry, biology, ecology, and astronomy, and much more! Along the way, we indulge in plenty of typical camp experiences like games, hiking, bonfires, and s'mores!

Ages: 8-12
Days: February 3-7
Time: 10:00 am-2:00 pm each day
Fee: \$75
Location: Wilderness Station
Contact: Hailey Meyer, 615-217-3017
hmeyer@murfreesborotn.gov

Raptor Day

Have you ever looked an owl in the eye or glared at a red-tailed hawk up close, or checked out a falcon's wings? Here is your chance to get up close and personal with a live bird of prey and learn about these master predators of the sky. Presentations and photo ops next to live birds throughout the day.

Ages: All ages
Dates: Saturday, February 8
Time: 10:00 am
 Hawk & Owl Presentation
 10:45 am
 Photo Op with Birds
 2:00 pm
 Hawk & Owl Presentation
 2:45 pm
 Photo Op with Birds
Fee: Free
Location: Wilderness Station
Contact: Wilderness Station,
 615-217-3017
 dthomas@murfreesborotn.gov



Turkey Vulture Research

Learn about the underappreciated Turkey Vultures and what you can do to help them. New research opportunity to help study turkey vultures open to all.

Ages: All ages
Dates: Saturday, February 8
Time: 12:30-1:15 pm
Fee: Free
Location: Wilderness Station,
Contact: Wilderness Station, 615-217-3017
 dthomas@murfreesborotn.gov

Snakes: Mysteries in Nature

Introduce yourself to the world of snakes. This program will cover the natural history of snakes as they entered the new world and populated the southeast including the volunteer state. We will discuss behavioral and community ecology, biodiversity and conservation of snakes in Tennessee. This program would be great for college students concentrating on life sciences, young adults or people just interested in the snakes that call Middle Tennessee home. Come enjoy a colorful presentation, and get a chance to see a live snake up close.

Ages: Age 10+
Date: Saturday, February 8
Time: 5:00-6:00 pm
Fee: Free
Location: Wilderness Station,
Contact: Eric Fann, 615-217-3017
 efann@murfreesborotn.gov

Radnor Lake Hike

Come explore Tennessee's amazing state park system! Radnor Lake is an amazing spot located in Nashville's surrounding area. The trail meanders along the lake and through a wilderness area. The hike is rated moderate. The 3-mile hike will climb a short distance upward along the rolling hills. This hike could be a great chance to see some amazing wildlife in Davidson County.

Ages: 12+
 Under 18 must be accompanied by an adult.
Dates: Saturday, February 15
Time: 8:00 am
 Meet at Wilderness Station
Fee: \$10
Location: Wilderness Station,
Contact: Eric Fann, 615-217-3017
 efann@murfreesborotn.gov

Meet the Animals

This is your chance to get a closer look at Wilbur the Possum and Cooper the Screech Owl! In this program, we will introduce you to all of our education animals and talk a little bit about their natural history!

Ages: All ages
Dates: Saturday, February 22
Times: 10:00 am
Fee: Free
Location: Wilderness Station,
Contact: Hailey Meyer, 615-217-3017
 hmeyer@murfreesborotn.gov

Super Science (Elective) Workshop for Cub Scouts

We will cover all requirements for this Cub Scout Adventure! We will explore science through hands-on experiments.

Ages: All ages
Dates: Saturday, February 29
Time: 10:00-11:30 am
Fee: \$3 per Scout
Location: Wilderness Station,
Barfield Crescent Park
Contact: Hailey Meyer, 615-217-3017
hmeyer@murfreesborotn.gov

Birthday Parties at the Wilderness Station

Have your child's next birthday party at the Wilderness Station!

Choose one of our exciting nature-themed programs led by a park naturalist.

Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.



Teachers, Homeschoolers & Scouts

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Eric Fann or Hailey Meyer for a complete list of programs and locations at (615) 217-3017 or outdoormurfreesboro@murfreesborotn.gov. You can also check out our website at www.murfreesborotn.gov/parks under Outdoor Recreation.

FREE Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages.

Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject, and get outside to explore and learn about Tennessee's beautiful wilderness.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.



FREE Backpacks for Education!

The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout.

These backpacks are a great way to introduce your children or students to nature.

Themes include: Birds, Trees, Insects, and Wildflowers.

Backpacks may be checked out at the Wilderness Station and at Barfield Crescent Park.



Boot Camp

Whatever you do in life we can help you do it better! A high-intensity program designed to increase overall muscle endurance, strength and help shed unwanted pounds. This workout alternates strength training exercises with aerobic activities to give you two workouts in one. AM Boot Camp combines intervals of cardio drills and conditioning exercises to provide you with the ultimate circuit workout for optimal fat burning.

Ages: 16+
Days: Tuesdays & Thursdays
Dates: Ongoing
Time: 8:30-9:30 am
Location: Patterson Park Gymnasium
Fee: \$4 or Premium Pass
Contact: Chad Hill, CSCS, USAW, USAPL
 615-893-7439
 chill@murfreesborotn.gov



Homeschool PE Class

Our Homeschool PE classes are designed for ages 6-15 and consist of various physical education activities while promoting good health, sportsmanship, group participation and socialization. We now have two classes. No class when City Schools are out.

Ages: 6-15
Days: Tuesdays & Thursdays
Times: 1:00-1:50 pm
Fee: Facility Pass
Location: Patterson Park Community Center Youth Gym
Contact: Chad Hill, chill@murfreesborotn.gov

Ages: 6-15
Days: Mondays & Wednesdays
Times: 1:00-1:50 pm
Fee: Facility Pass
Location: Sports*Com Gymnasium
Contact: Chad Hill, chill@murfreesborotn.gov



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1 - 3 years
Days: Wednesdays and Fridays
Dates: Ongoing
Time: 10:30-11:00 am
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill, CSCS, USAW, USAPL
 615-893-7439
 chill@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited; please call to register.

Ages: 3-5 years
Days: Wednesdays and Fridays
Dates: Ongoing
Time: 11:05-11:45 am
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass.
Preregistration is required.
Contact: Chad Hill, CSCS, USAW, USAPL
615-893-7439
chill@murfreesborotn.gov



Toddler Time with Thomas

Little kids love to play, and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and under
Dates: Fridays
Time: 10:00 am
Location: Sports*Com
Fee: \$3 per visit
Contact: Thomas Laird, 615-907-2251
tlaird@murfreesborotn.gov



Nutrition 101: Keto Diet & Intermittent Fasting

It seems as though you can't go anywhere right now without hearing the words "keto" or "intermittent fasting" coming out of someone's mouth. Just what are these new diets, and could they be right for you? We'll look at the basics of each diet, as well as the science behind each, so you'll finally know what everyone is talking about. We'll also explore the positives and the negatives so you can make an informed decision of whether one of these diets is something you'd like to try.

Ages: 18+
Dates: Friday, January 10
Time: 10:00 am
Location: Sports*Com
Fee: Free
Contact: Allison Davidson,
615-895-5040
adavidson@murfreesborotn.gov

New Year Boot Camp

Whatever resolution in fitness you choose for the New Year, we can help get a good start. It could be to shed those unwanted pounds, or to increase your overall endurance and strength.

You will get intervals of cardio and strength exercises to give you two workouts in one. Build muscle and burn calories as well. New Year, New You!

Ages: 16+
Days: Sundays
Dates: January 5-February 23
Time: 2:00 pm
Location: Patterson Park Community Center
Exercise Studio
Fee: \$4 or premium pass
Contact: Chad Hill, 615-893-7439
chill@murfreesborotn.gov

PATTERSON PARK COMMUNITY CENTER



Group Training

We know that fitness is a journey, and we want to help you along the path to becoming a better you. We also know that fitness can be very confusing. With an assortment of conflicting books, ideas, and schools of thought on the market, who can keep it straight? We will help you sort through it all and guide you down the path toward enhancing your lifestyle. We offer semi-private training for those who like working with a partner or friend or for those people

who get more out of their workout by competing. Semi-private or group training is typically 2-4 people with one trainer. Common group dynamics are friends, husband-wife, siblings, mother-daughter and father-son. Semi-private training is more cost-effective than the traditional 1:1 training.

Ages: 16+ years
Dates: Ongoing
Location: Patterson Park
Fee: \$120 for 8 sessions per individual
Contact: Chad Hill C.S.C.S 615-893-7439
 chill@murfreesborotn.gov

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15+
Dates: Ongoing
Days: Fridays and Saturdays
Time: **Friday** 7:00-8:00 am
Saturday Beginners 10:30-11:30 am
Saturday Intermediate 11:30 am-12:30 pm
Location: Patterson Park Exercise Studio
Contact: Bret Hawkins @ 895-4932 for fee & info.
 Bretkeithhawkins@att.net

Personal Training

Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer. Here are 10 reasons a personal trainer may be right for you.

1. **Motivation:** Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. **Individualized program:** If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. **Efficiency:** Personal trainers help you focus on results and stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. **Improve technical skills:** A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. **You are new to exercise:** A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. **Break through plateaus:** You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. **Learn how to go it alone:** Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. **Workout Safely:** A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. **Lose Weight:** If your New Year's resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. **Improve Self Confidence:** Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you're in!

Personal Training Rates

One-Hour Session	\$35
4 One-Hour Sessions	\$120
8 One-Hour Sessions	\$220
12 One-Hour Sessions	\$300
15 One-Hour Sessions	\$350

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 am Metabolic Burn	8:30-9:30 am Yoga 8:30-9:30 am Boot Camp	8:30-9:30 am Metabolic Burn	8:30-9:30 am Yoga 8:30-9:30 am Boot Camp	8:30-9:20 am A O A	
9:35-10:35 am Forever Fit	9:35-10:35 am Zumba	9:35-10:35 am Forever Fit	9:35-10:35 am Zumba	9:30-10:20 am A O A	9:05-10:05 am Saturday Surprise
11:00-11:50 am Forever Fit Yoga	10:40-11:40 am Sit & Get Fit	11:00-11:50 am Forever Fit Yoga	10:40-11:40 am Sit & Get Fit	1:00-2:00 pm Yin Yoga	
4:20-5:20 pm Yoga	4:30-5:30 pm Zumba	4:20-5:20 pm Yoga	4:30-5:30 pm Zumba	<div> Group exercise classes are \$4/day (or facility pass). For more information: Chad Hill, C.S.C.S. 615-893-7439 chill@murfreesborotn.gov </div>	
5:30-6:30 pm Step-N-Sculpt	5:35-6:35 pm Thrash-N-Bash	6:00-7:00 pm Yoga	5:35-6:35 pm Cardio Kickboxing		
	6:40 - 7:40 pm Burn 2.0				

AOA

Active Older Adults offers a chair to help improve strength, flexibility, coordination and overall health with weights and bands.

Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

Forever Fit Yoga

Offers a chair so you can perform a variety of seated and standing poses designed to increase flexibility, balance and range of movement.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

Saturday Surprise

Get the workout you want! This class varies each week depending on instructor and participant input.

Step-N-Sculpt

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Thrash & Bash

Full body cardio workout infused with isometric moves and strength training using drum sticks.

Yoga

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

Zumba

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.



SPORTS*COM

Holiday Hold Concludes

Did you make it through the holidays without putting on the dreaded "holiday 10 (or more)" pounds? Take your post-measurements Jan. 6 through 10. See if you kept your weight within 5 lbs and your waist within one inch.

Ages: 18+
Days: January 6-10
 Post-measurements
Location: Sports*Com
Contact: Allison Davidson,
 615-895-5040
 adavidson@murfreesborotn.gov

After Breast Cancer

We have partnered with the YMCA to offer the After Breast Cancer classes in our facilities. This program allows you to train with Pink Ribbon Trainers, meet with registered dietitians, get lymphedema education and find mental and emotional support from others facing the same issues. Please contact Melanie Cavender for more information and to sign up.

Ages: Adults
Location: Sports*Com &
 Patterson Park Community
 Center
Fee: Free
Contact: Melanie Cavender
 615-895-5995, prompt #3,
 mcavender@ymcamidtn.org

**Tumbleweeds**

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
Days: Mondays and Wednesdays
Time: 10:15-11:00 am
Location: Sports*Com Aerobic Room
Fee: \$3 or Facility Pass.
 Preregistration is required.
Contact: Sports*Com, 615-895-5040

Start the year off on the Right Foot

Your feet are the foundation of your body, and in many ways, your life. They are key components to your standing and moving balance; they determine how fast and well you can walk or and how long you can stand; they can even be a determining factor of when you can no longer drive. Taking care of your feet is an essential part of life that many of us overlook. This class will cover simple, basic exercises and steps you can take to maintain and improve the health and mobility of your feet.

Ages: 18+
Days: Friday, February 7
Time: 10:00 am
Location: Sports*Com
Fee: Free
Contact: Allison Davidson, 615-895-5040
 adavidson@murfreesborotn.gov

Back to Basics

Many of the aches and pains we suffer from today are the result of improper alignment and poor muscle recruitment. This class will work on strengthening, stretching and aligning your body from the floor up and the neck down to make you steady, strong and hopefully pain free. All classes may include standing, sitting and mat/floor work, stretching, body weight exercises, light weights, bands, foam rollers and massage balls.

Ages: 18+
Days: Mondays & Wednesdays
Time: 10:00 am
Location: Sports*Com
Fee: \$4 or Facility Pass; \$3 for Seniors & Military
Contact: Allison Davidson, 615-895-5040
 adavidson@murfreesborotn.gov



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am Yoga (Studio B)	8:00-9:00 am Core Energy	7:30-8:30 am Yoga (Studio B)	8:00-9:00 am Core Energy	8:15-9:15 am Metabolic Burn	
8:15-9:15 am Zumba	9:00-9:50 am A. O. A.	8:15-9:15 am Zumba	9:00-9:50 am A. O. A.	8:15-9:15 am Zumba	8:30-9:30 am Step/Tone
9:20-10:05 am RetroFit	9:15-10:15 am Total Body	9:20-10:05 am RetroFit	9:15-10:15 am Total Body	9:20-10:05 am RetroFit	
10:00 am Back to Basics**	10:30-11:15 am Tai Chi	10:00 am Back to Basics**	10:30-11:15 am Tai Chi	*Tumbleweeds (Ages 3-5) day of registration required. ** Back to Basics: See description on page 34.	
10:15-11:00 am Tumbleweeds*		10:15-11:00 am Tumbleweeds*			
5:15-6:15 pm Barre&	5:15-6:15 pm Step/Tone	5:15-6:15 pm Barre&	5:15-6:15 pm Total Body	Cholesterol Testing: \$25 This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). This test is available ONLY at Sports*Com.	
6:00-7:00 pm Yoga (Studio B)		6:00-7:00 pm Yoga (Studio B)			
6:30-7:30 pm Strong by Zumba		6:30-7:30 pm Zumba			

SPORTS*COM ONGOING FITNESS CLASSES

AOA

Active Older Adults offers a chair to help improve strength, flexibility, coordination and overall health with weights and bands.

Barre&

This class is suitable for most fitness levels. It uses precise movements, muscle-specific exercises and lots of work to shape, stretch and strengthen your body. This class may use an exercise barre, small balls and weights and light cardio.

Core Energy

This class concentrates on stabilization, alignment and core strength. It consists of standing moves and floor/mat work and may use body weight, bands, weights and balls with significant abdominal and lower back work.

Retro-Fit

This 45-minute muscle building class is perfect for beginners, seniors and intermediate exercisers. This class includes standing and floor work and may use body weight, hand weights, bands and balls. Light cardio bursts may also be included.

Step & Tone

This class consists of basic and advanced moves using a traditional aerobic step. It is designed for most fitness levels and consists of moderate to high impact cardiovascular movements. This class may include standing and floor work and may use body weight, hand weights, bands and balls.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures, deep breathing and relaxed minds and bodies. Perfect for all ages and skill levels, this class consists of standing and moving postures, but chairs may be available if needed.

Total Body

This class concentrates on muscle-building techniques and activities for intermediate to advanced exercisers. It includes standing and floor work and may use body weight, hand weights, weighted bars, bands and balls. Light cardio bursts may also be included.

Tumbleweeds

This class teaches basic techniques of tumbling that will improve balance, coordination, and overall fitness levels. Due to the specialized activities in this class, it is for ages 3-5 only. You must call the morning of the class to reserve your spot, as space is limited.

Strong by Zumba

This choreographed class uses high-intensity movements and hand weights to build your muscle and test your endurance. This is an intermediate to advanced class.

Yoga

These classes focus on improving balance and flexibility as well as assisting in stress reduction. May include standing and floor/mat work. For all levels.

Zumba

These dynamic dance-based fitness programs fuse Latin rhythms with international music themes for high-energy, moderate intensity cardio workouts.

Policies	32
Special Events	33
Recreational Programs	34
Creative Arts	36
Health & Social Service	39
Seminars	42
Travel	44
Physical Fitness Classes	48
January Calendar	50
February Calendar	52
Physical Fitness Classes & Line Dance	54
Long Distance Travel	55

St. Clair Street Senior Center

The center is located at 325 St. Clair Street, Murfreesboro, TN. Hours of operation are Monday-Friday, 6:00 am-7:00 pm, Saturday, 8:00 am-5:00 pm and Sunday, 1:00-5:00 pm.

Mission

To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of your community.

St. Clair Senior Center Access

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. Title VI of the Civil Rights Act of 1964.

Registration

Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

St. Clair Senior Center Program Committee

The Program Planning Committee brings program suggestions keeping with the Center's mission, vision and strategic plan utilizing a Program Tool to the attention of the Facility Superintendent and staff. It consists of five senior participants serving a rotating two-year term. The committee meets monthly on the second Wednesday at 10:00 am. Members are: Lynn Nolan, Billy Vaughn, Yolanda Lozano, Rose Hernandez and Fred Massey.

Parking

Just a reminder to park only in St. Clair parking spots when you come to visit the Center. Parking in spots at Westbrook Towers is not allowed for those visiting the Center. Violators may be subject to towing.

Media

Visit us on the web at www.murfreesborotn.gov/seniorcenter.

Find us on 

@StClairSeniorCenter



SPECIAL EVENTS @ ST. CLAIR

AARP Tax Aide Program

The AARP Tax-Aide Program will again prepare income tax forms at St. Clair in 2020. To qualify individuals should be aged 60 and over with a total family income of \$53,000 or less. Please remember that rental properties and farm income are outside the scope of this program. There is no charge for this service.

You may call 615-848-2550 for an appointment beginning Thursday, January 2. Appointments are available on Tuesdays & Thursdays from 8:30-11:30 am and Wednesdays from 12:00 n-3:00 pm. from February 5-April 11.

Please be sure to bring any and all of the information listed below and that pertains to you and filing your taxes. You must bring a photo ID.

Proof of ID

- Social Security card
- Photo ID such as a driver's license or passport
- Last tax year's tax return

Income Statements

- Social Security
- Pensions (1099-R)
- IRA distributions (1099-R)
- Interest/Dividends (1099 –INT & 1099-DIV)
- Stock Activity (usually shown on broker statements or 1099-B)
- Unemployment (1099-G)
- Gambling Winnings
- Self Employment Earnings (1099-MISC plus all business expenses)
- Debt Cancellation Forms (1099-C)
- Miscellaneous income

Adjustments

- Student Interest
- IRA Contribution
- Other

Deductions

- Medical Expenses – doctors, dentists, prescriptions, medical mileage, long term care & supplemental insurance
- Donations – cash and goods
- Property Tax Statements (city & county)
- Mortgage Statements
- Other

You must bring a voided check. This is required for routing information in the electronic submission of your tax return.

St. Clair Open House Thursday, January 23 9:30-11:00 am

If you have ever wondered about the activities & programs at St. Clair, now is the perfect time to come and check it out! The instructors and facilitators will be available to tell you all about their programs and classes. There will be displays, samples, and demonstrations during this time period. Make plans to drop by, ask questions and meet some amazing people. Light snacks will also be served.

Room S102, S104 & S105

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Variety Show Friday, January 31 6:00-8:00 pm

Americas Got Talent has nothing on St. Clair's Talent! Join us as we showcase YOUR talents with a night of fun and laughter. Sign-ups will be taken in Kathy's office for those interested in performing. Everyone is a shining star, even if your talent is just showing us support! Bring your friends and family to this glorious event! Light snacks will be offered.

Room S105

Contact: Kathy Herod,
kherod@murfreesborotn.gov

African American Heritage: Harriet Tubman at St. Clair Thursday, February 6 2:00-3:00 pm

Harriet Tubman is an American hero and an icon of freedom, a five-foot-tall African American abolitionist who guided hundreds of slaves away from the bondage of slavery. Join us to hear her story from the renowned performer and impersonator June LaGreen.

Room S105

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Sweetheart Dance with Uptown Country Band Friday, February 14 6:00-9:00 pm

Bring your sweetheart and dance the night away! Light refreshments will be served.

Tickets are \$5.00 at the door.

Room S105

RECREATIONAL PROGRAMS**Pool Tournament Winners****OCTOBER****1st Place:** *Randy Sauls***2nd Place:** *Billy Ray***3rd Place:** *Joe Cox***NOVEMBER****1st Place:** *Randy Sauls***2nd Place:** *Joe Cox***3rd Place:** *Clyde Jacobs***Pinochle Tournament Winners****SEPTEMBER****1st:** *Brenda Miller & George Schmidt***2nd:** *Tommy Pearcy & John Shepherd***3rd:** *Tony Cuomo & Leroy Jefferson***Billiards****Played Daily throughout the week****6:00 am-7:00 pm**

Billiards played daily on 4 regulation tables.

Tournaments held monthly on the second Wednesday of the month.

Room R501**Chicken Foot****Played Daily throughout the week****6:00 am-7:00 pm**

Join us to learn chicken foot, a game played with dominoes. Everyone is welcome!

Room R501**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**Canasta, Rook, Pinochle & other card games****Played Daily throughout the week****6:00 am-7:00 pm**

Join us for a game of Canasta, Rook or Pinochle.

Room R402**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**St. Clair Senior Center Library****Open During Normal Operating Hours**

Books and DVDs are available to rent on the honor system.

Contact: **Kathy Herod,**
kherod@murfreesborotn.gov**Mahjong****Mondays & Thursdays in January and February****1:00-3:00 pm**

Come and play along with other Mahjong lovers! If you don't know how, we will teach you how to play.

Room E304**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**Spades****Wednesdays in January & February****1:00-4:00 pm****Room E303 & E304****Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**Party Bridge****Thursdays in January and February****12:30-4:00 pm**

Ever been curious as to how to play bridge? Come and join this group which is open to teaching you the skills you need to play.

Room E303**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**Euchre****Fridays in January and February****1:00-4:00 pm**

Join in on the Friday Euchre play.

Room E304**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov**315 Card Game****Mondays, January 6 & February 3****Wednesdays, January 15 & February 19****10:00 am-12:00 pm**

315 Card Game uses 13 different hands. There is a wild card in each hand. This game takes lots of thinking. If you are up for a challenge, join us to learn this fun game.

Room R402 Limit 9**Contact:** **Kathy Herod,**
kherod@murfreesborotn.gov

Beginners Trivia

Tuesdays in January and February

4:30-5:30 pm

Come join us for Beginners Trivia!

Easier questions for people interested in starting trivia for the first time. Teams will compete while answering questions ranging from all different topics. Snacks, drinks, music and fun supplied every night. If you don't have a team, don't worry; teams are selected at random each night. Don't forget about the PRIZES for the winning team!

Room S104 Limit 40

Contact: Caroline Martin

cbaldrigemartin@murfreesborotn.gov

Hand & Foot Game

Tuesdays in January and February

1:00-4:00 pm

Join in to learn the art of playing the card game, Hand & Foot.

Room E303

Contact: Kathy Herod,

kherod@murfreesborotn.gov

8-Ball Pool Tournament

Wednesdays, January 8 and February 12

9:00 am-12:00 pm

See how your talent measures up in our monthly pool tournament! Deadline is 8:45 am the morning of the event. Everyone is welcome!

Room R501

Contact: Kathy Herod,

kherod@murfreesborotn.gov

Bid Whist

Wednesdays, January 8 & 22 and

February 12 & 26

2:00-5:00 pm

Join us to learn this age-old card game, Bid Whist.

Room E303

Contact: Kathy Herod,

kherod@murfreesborotn.gov

Bunco

Thursdays, January 9 & 23 and February 6 & 20

1:00-3:00 pm

Learn to play BUNCO, or if you already know how to play, just come join us! Game starts promptly at 1:00 p.m.

Room S104 Limit 24

Contact: Caroline Martin

cbaldrigemartin@murfreesborotn.gov

Trivia Games

Thursday, January 9,16,23 & 30 and

February 6, 13, 20 & 27

4:00-5:00 pm

Come join us for Trivia Games! Teams will compete while answering questions ranging from all different topics. The winning team walks away with prizes. Snacks, drinks, music and fun supplied every night. If you don't have a team, don't worry; teams are selected at random each night.

Room S104 Limit 40

Contact: Caroline Martin

cbaldrigemartin@murfreesborotn.gov

Music Jam Session

Fridays January 10 & 24 and February 7 & 21

1:00-3:30 pm

Bring your instrument and play along with our group. We take turns in the round playing and singing with everyone else accompanying.

Room S105

Contact: Kathy Herod,

kherod@murfreesborotn.gov

Pinochle Tournaments

Saturdays, January 11 and February 8

9:00 am-3:00 pm

Test your skill in this partners' tournament. Everyone is welcome!

Room S104 Limit 36

Contact: Kathy Herod,

kherod@murfreesborotn.gov

Clown Meeting & Rehearsal

Wednesday, January 15 and February 19

1:00-3:00 pm

Anyone interested in being a clown may attend this meeting with the clown group and find out what we are all about!

Room P206 Limit 20

Contact: Kathy Herod,

kherod@murfreesborotn.gov

Karaoke

Friday, January 17 & 31 and February 14 & 28

1:00-3:30 pm

Do you like to sing? Come and share your talents with this fun group. You will sing-along with your favorite musicians while reading the lyrics from a large screen TV.

Room S105

Contact: Caroline Martin

cbaldrigemartin@murfreesborotn.gov

Wii Bowling**Mondays January 13-March 9****12:30-3:00 pm**

Join us for Wii Bowling League on Mondays. A fun and low impact game that simulates bowling at a real alley. League games start January 17. All individual players will be placed on a team for the season. Contact Trevor Hutchison at 615-848-2550 before January 13 to sign up.

Room P206 Limit 32

Contact: **Trevor Hutchison,**
thutchison@murfreesborotn.gov

Bean Auction**Friday, January 24****2:00-3:30 pm**

Do you like attending auctions? Do you like bidding for items? Come out for evening bidding and paying with beans. All prizes and beans supplied by Home Instead.

Room S104 Limit 50

Contact: **Caroline Martin**
cbaldrigemartin@murfreesborotn.gov

Mystery Movie**Friday, January 24****4:00-6:00 pm**

It's Mystery movie time! Can you guess what it is? A white single mother who dreams of being on Broadway, has a chance encounter with a black widow. Annie becomes the caretaker of her daughter. Both women deal with the difficulties of motherhood.

Room S104 Limit 30

Contact: **Caroline Martin**
cbaldrigemartin@murfreesborotn.gov

Butter Bean Auction**Wednesdays, January 29 & February 26****1:00-2:00 pm**

Kristen Brodie is such a fun auctioneer! Bid on your favorite item with butter beans. All prizes and beans supplied by The Rutherford Assisted Living. Fun!

Room S104 Limit 50

Contact: **Caroline Martin**
cbaldrigemartin@murfreesborotn.gov

Mystery Movie**Friday, February 7****2:00-4:00 pm**

A country-rock music star helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral. An update of the classic rise and fall fable about the perils of hitting the big time in show business.

Room S104 Limit 30

Contact: **Kathy Herod,**
kherod@murfreesborotn.gov

Sweetheart Dance with Uptown Country Band**Friday, February 14****6:00-9:00 pm**

Bring your sweetheart and dance the night away! Light refreshments will be served.

Tickets are \$5.00 at the door

Room S105

Contact: **Kathy Herod,**
kherod@murfreesborotn.gov

CREATIVE ARTS

Sign up for classes requiring a fee at St. Clair Senior Center with cash or check payment.

Open Knit & Crochet**Tuesdays & Thursdays in January & February****10:00 am-2:00 pm**

Join this very welcoming group of knitters and crocheters who offer inspiration and motivation with your knitting and crocheting projects. No sign-up required. Bring your own supplies.

Room R405

Contact: **Kathy Herod,**
kherod@murfreesborotn.gov

Quilting**Tuesdays & Thursdays in January & February****10:00 am-2:00 pm**

Volunteer quilters do quilting for people in the public for a donation to the senior center.

Room R405

Contact: **Kathy Herod,**
kherod@murfreesborotn.gov

Seniors Acting Up!

Thursdays in January & February

1:00-3:30 pm

Come and join in this fun group as they bring laughter, mystery and drama into the lives of others. Everyone is welcome! Meets in Room S104 on February 6.

Room S105

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Social Art

Thursdays in January & February

9:00 am-3:00 pm

Bring in your favorite art projects & let's paint together. We can share ideas, and have a fun and relaxing time sharing art.

Room R406

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Art for the Young at Heart

Fridays in January & February

10:00 am-12:00 pm

Coloring books, simple puzzles, games, and crafts will be available for this self-led program. Open to all including those who are intellectually challenged, have dementia, or Alzheimer's over the age of 60. At least one caregiver must always be present.

Room R406

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Stained Glass Class

Mondays in January & February

9:00 am-12:00 pm

Instructor Fiona Dowd welcomes all students from beginner to intermediate level. Learn how to make a copper foiled stained-glass window sun catcher. Materials provided for beginner students. Class space is limited, so sign up early.

Room R406 Limit 12

Class Fee: \$65 per month

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Singing Seniors

Mondays, January 6, 13 & 27 and

February 3, 10 & 24

1:00-2:00 pm

Is singing what you love? Do you like to bring joy by singing to others? Join this amazing group! There are no auditions.

Room S104

Contact: Caroline Martin
cbaldrigemartin@murfreesborotn.gov

6-week Stained Glass Class

Mondays, January 6, 13, 27 and

February 3, 10 & 24

4:30-6:30 pm

Beginners and intermediate level students are welcome in this class. Learn how to make a copper foiled stained glass window suncatcher with instructor Fiona Dowd. All materials provided for beginners.

Room R406 Limit 12

Class Fee: \$65 for 6-week class

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Social Ceramics

Tuesdays in January & February

8:30-11:30 am

You will pay the instructor for the piece you are working on only. Piece price will include your paint and firing. No other fee. Learn different techniques for painting on ceramics in this class. Cash, checks, or credit cards are accepted.

Room R406 Limit 16

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Art Connection

Wednesdays in January & February

1:00-4:00 pm

Bring your own supplies and projects and work alongside like-minded artists for inspiration and creativity. Center closed January 1.

Room R406

Contact: Kathy Herod,
kherod@murfreesborotn.gov

**Art with Vivian:
A Winter's Watch
Wednesday,
January 8**

9:00 am-12:00 pm

A lone snowman watches the north star as he waits for the first signs of spring to arrive. Painted on a stretched 10" H x 8" W canvas. Vivian Karros will be the instructor of this class. Student must register and pay for class by 1/3.

Room R406

Limit 12 Class Fee: \$25

**Contact: Kathy Herod,
kherod@murfreesborotn.gov**



**Beginning Crochet
Wednesdays in January & February
10:00-11:30 am**

Want to learn to crochet? Come join this free beginners class with instructor Jan-ice Lewis. Bring your own cotton "Sugar & Cream" yarn, a size J crochet hook and small scissors to class. Deadline to sign up is 1/6. Center is closed January 1.

Room R405

**Contact: Kathy Herod,
kherod@murfreesborotn.gov**

**Intro to Piano: 6-week Workshop
Fridays, January 10, 17, 24, 31 and
February 7 & 14
10:00-10:30 am**

Let's learn to play the piano together. This class is offered for all beginners in a 6-week workshop. Participants will learn to play and understand basic chords and songs for immediate enjoyment! Loaner instruments are available with instructor Jane McNulty.

Room E304 Limit 10

Class Fee: \$60 for 6-week course

**Contact: Kathy Herod,
kherod@murfreesborotn.gov**

**Inspired by Nature:
Poppies Are Bold
Tuesday, January 14**

9:00 am-12:00 pm

As striking as they are bold. Bright, beautiful poppies reach out from a stark background to catch your eye's imagination painted on a 16" H x 20" W stretched canvas. Vivian Karros instructs the class. Student must register and pay for class by 1/10.

Room R406 Limit 12 Class Fee \$25
**Contact: Kathy Herod,
kherod@murfreesborotn.gov**



**Acrylic Techniques
Wednesdays, January 15 & 29
9:00 am-12:00 pm**

Learn different techniques using acrylic paints with artist Vivian Karros. All supplies are provided. Students must register and pay for class by 1/10 & 1/24.

Room R406 Limit 12
Class Fee: \$25 for 2-day class
**Contact: Kathy Herod,
kherod@murfreesborotn.gov**

**Art with Vivian: Art Lives Here!
Wednesday, January 22
9:00 am-12:00 pm**

Share the pride! Proudly display your artistic flair on a wooden plank with raised pallet and brushes. A great wall or door hanger. (7 1/2" H X 18 1/2" W) Vivian Karros will be the instructor of this class. Student must register and pay for class by 1/17.

Room R406 Limit 12
Class Fee: \$25
**Contact: Kathy Herod,
kherod@murfreesborotn.gov**



Art with Vivian: Dessert First!
Wednesday, February 5
9:00 am-12:00 pm

Sometimes we just have to remind ourselves to let loose, color outside of the lines and have dessert first! Painted on a stretched canvas (10" H x 8"W).

Vivian Karros will be the instructor of this class. Student must register and pay for class by 1/31.

Room R406 Limit 12

Class Fee: \$25

Contact: Kathy Herod,
kherod@murfreesborotn.gov



Inspired by Nature: Beautiful as a Picture
Wednesday, February 12
9:00 am-12:00 pm

A beautiful heart-shaped frame with peg stand. Decorated with delicate white flower blossoms. Display your favorite picture and artistic skill at the same time. Vivian Karros will be instructing this class. Student must register and pay for class by 2/7.



Room R406 Limit 12 Class Fee \$25
Contact: Kathy Herod,
kherod@murfreesborotn.gov

Acrylic Techniques
Wednesdays, February 12 & 26
9:00 am-12:00 pm

Learn different techniques using acrylic paints with artist Vivian Karros. All supplies are provided. Students must register and pay for class by 2/7 & 2/21.

Room R406 Limit 12

Class Fee: \$25 for 2-day class

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Art with Vivian:
Life is a Song
Wednesday, February 19
9:00 am-12:00 pm

Sing like the birds of spring with this lovely inspirational saying. This hanging is painted on a custom cut wooden placard (14"H x 4 1/2"W). Vivian Karros will be the instructor of this class. Student must register and pay for class by 2/14.

Room R406 Limit 12

Class Fee: \$25

Contact: Kathy Herod,
kherod@murfreesborotn.gov



HEALTH & SOCIAL SERVICE

ST. CLAIR COLLECTION SITE FOR HURRICANE RELIEF

Everyone has heard about the devastation that occurred to the Bahamas with Hurricane Dorian on September 1, 2019. It is the largest natural disaster on record to strike the Bahamas. As we know from past weather disasters, it takes years to recover, and the citizens suffer from lack of essential resources.

We are joining with the Love Coalition to collect supplies that will be shipped to the residents of Green Turtle Cay, Bahamas.

If you are interested in helping with this effort, we will be collecting the following items during the month of January and February:

- Beef jerky
- Bags of rice, spaghetti, pasta

- Dried fruit, nuts, trail mix
- Canned meat (chicken, tuna, etc.)
- Canned milk
- Soap (body, dish, laundry)
- Wipes (personal hygiene or wipes for sanitizing cooking areas)
- Toothpaste and toothbrushes
- Instant coffee and tea bags
- Ziploc baggies

Please bring these items to the Social Services Department and leave with Laura, Paula or Dee. Thank you so much for your help with this crisis.

"Wee" Read Club

Meets 10:15 am-12:00 pm on Tuesdays, Wednesdays or Thursdays

No "Wee" Read on holidays or school vacation days.

Share your love for children and get them excited about books by reading to them on a weekly basis at Mitchell-Neilson Primary School. Contact Paula Faist at 615-848-2550 for more information.

Harmonicas for Health

Thursdays in January & February

1:00-2:00 pm

Are you looking for something fun & interesting to do while improving your lung health? This might be just the thing you are looking for. The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, & meet new friends. No music background is needed!

Limit 30 Room R502

Contact Laura Grissom,

lgrissom@murfreesborotn.gov

Walk with Ease

Tuesday, Wednesday & Thursday from January 7-February 20

10:00 am

Walk with Ease is a program that promotes education about arthritis self-management and walking safely and comfortably. Walk with Ease is a practical and useful resource for anyone. It is a 6-week program. Get those sneakers ready to "ease on down the road."

Limit 12

Room E303

Contact:

Paula Faist,

pfais@murfreesborotn.gov

**Health Break: The Aging Brain**

Tuesday, January 14

9:30 am

Dr. James Houston has an Adult Development and Aging Ph.D. with a focus on cognitive aging. He is going to share with us current research on how our brain and our emotions change as we age and what scientists have found to help us ward off age-related declines. Please sign up for this program by January 10.

Limit 25

Room S104

Contact:

Laura Grissom,

lgrissom@murfreesborotn.gov

A Chat on Depression

Wednesday, January 15

1:00-2:30 pm

Winter blues, depression, or holiday let down? What are the symptoms and what can one do about it? Come join a discussion on what is helpful. Sometimes, when one is depressed it's easy to isolate oneself. Talk yourself into coming! Tracey Robison from Branches Counseling will sit with us and talk about depression, how to deal with it and how to help ourselves and others.

Room S104

Contact:

Paula Faist,

pfais@murfreesborotn.gov

Blood Pressure Clinic

Mondays, January 6, 13 & 27 and

February 3, 10 & 24

9:30-11:30 am

Did you know high blood pressure is called a "silent killer" because it often has no symptoms and goes undetected in a high percentage of people? Visit the nurse's station on the first, second or fourth Monday of the month for a blood pressure check.

Room S103B

Contact

Laura Grissom,

lgrissom@murfreesborotn.gov

Men's Health Forum

Tuesday, January 7

11:30 am-1:00 pm

Join us for this informative lunch and learn program. Our special guest Dr. Jay Sulek from Urology Associates, P.C., in Smyrna, will be facilitating and discussing men's health with male participants.

Room S104 & S105

CANCELED

Health Break: What is a Keto Diet**Thursday, January 16****1:00-2:00 pm**

We've all heard about "keto" or "intermittent fasting" but what are these new diets, and could they be right for you? We'll look at the basics of each diet, as well as the science behind each, so you'll finally know what everyone is talking about. We'll also explore the positives and the negatives so you can make an informed decision of whether or not one of these diets is something you'd like to try. Sign up for this program by January 13

Limit 40**Room S104****Contact****Laura Grissom,****lgrissom@murfreesborotn.gov****Health Break: Foot Care****Tuesday, January 28****9:30 am**

Your feet are your foundation. Walking causes an increase of force on your feet of 1 and a half times your body weight! Dr. Saysoukha with Foot & Ankle Specialists of Middle TN will discuss tips for healthy feet for people of all ages and activity levels. Please sign up by January 24.

Limit 50**Room S104****Contact:****Laura Grissom,****lgrissom@murfreesborotn.gov****Home of Hope****Tuesday, February 11****1:00 pm**

Attend this program and learn about the Home of Hope. It is a new agency with a mission to assist family members of critically ill patients in local area hospitals. Their hope is for family members not to have to sleep in hospital waiting rooms but to rest in a comfortable and safe home.

Limit 50**Room S104****Contact:****Paula Faist,****pfaist@murfreesborotn.gov****Communication Power****Wednesday, February 19****2:00-3:00 pm**

Perry Muse, MDIV chaplain with Willowbrook Hospice, will talk on Communication POWER:

Processing Our World Experience Realistically.

He will explore both verbal and nonverbal skills, look at practical ways to communicate with healthcare professionals, family friends or anyone. Be ready for some laughter during this presentation too! Sign up for this program by February 18.

Room S104**Contact:****Paula Faist,****pfaist@murfreesborotn.gov****Health Break: Oh, My Sciatica!****Thursday, February 20****1:00-2:00 pm**

You've heard the word bantered about; you may even suffer from it. Join this informative class that will cover just what sciatica is, common causes, some easy exercises to relieve it and steps and exercises to keep it from starting and/or coming back. Please sign up by February 18.

Limit 50**Room S104****Contact:****Laura Grissom,****lgrissom@murfreesborotn.gov****Pharmacist Consultation****Wednesday, February 26****10:00 am-12:00 pm**

This is a one-on-one with a pharmacist. Please bring your prescriptions, over the counter meds, vitamins and herbs. Each person will be given a 15-minute slot to talk about concerns, side effects, interactions, etc. Please sign up by February 21.

Limit 8**Room E304****Contact:****Laura Grissom,****lgrissom@murfreesborotn.gov****SUPPORT GROUPS****Grief Relief Support Group****Wednesday, January 8 and February 5****10:00-11:00 am**

Grief may come from many life changes including death, divorce, health, and more. Come take this journey with individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.

Room E301**Contact:****Paula Faist,****pfaist@murfreesborotn.gov****Caregiver Circle****Wednesdays, January 15 and February 19****3:00-4:15 pm**

A gathering time to chat, question and offer support to one another as we continue on our caregiver journey.

Room E304**Contact:****Paula Faist,****pfaist@murfreesborotn.gov***(continued on page 42)*

SUPPORT GROUPS

Arthritis Support Group

Saturday, January 25 & February 29

10:00-11:30 am

This group will share tips of care with each other, learn from others and even go on outings. In January we will identify and set health goals. In February we will talk about nutrition and supplementation. If you have a form of arthritis or care for someone who does, join us and bring your thoughts about the kind of activities you would like for us to share.

Room S104

Contact: Laura Grissom,
lgrissom@murfreesborotn.gov

Parkinson Support Group

Friday, February 7

No meeting in January

10:00-11:30 am

Parkinson Support Group meets on the first Friday of each month. We share stories about our experiences with Parkinson's, practical tips on how to deal with Parkinson's, learn from speakers, and enjoy friendships with people who understand.

Room S104

Contact: Laura Grissom,
lgrissom@murfreesborotn.gov

SEMINARS & ENRICHMENT

AARP Meeting: Better Business Bureau

Friday, January 10

10:00 am-12:00 pm

For more than 100 years, the nonprofit Better Business Bureau has been helping people find businesses, brands and charities they can trust. In 2018, people turned to BBB more than 160 million times for business profiles and charity reports on more than 5.2 million businesses and 11,000 charities. James Price, Regional manager of the Mid Tennessee BBB, will be our featured speaker.

Room S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov

In the Garden: Landscape in January

Monday, January 13

10:00-11:30 am

What are the appropriate plants for your landscape during the month of January? Come and learn all about it with Master Gardener Carol Reese. Registration is a must so enough handouts will be available.

Limit 4

Room S102 & S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Cooking on a Budget for 1 or 2

Wednesdays from January 15-February 19

10:00-11:00 am

Begin your new year learning new low-cost, easy, quick-fix recipes! Learn tips to save money when planning, preparing, or shopping for meals. Items will be given out during this 6-week session to help you shop & prepare foods during each class. Space is limited, so sign up early.

Limit 20

Room E303

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Coupon with Carol

Thursday, January 16

10:00-11:00 am

Are you interested in taking your grocery savings and couponing to the next level? Learn how to cut your grocery bills in half. Whether you are a beginner or have been couponing for years, if you are not saving 40% to 50% off your grocery bill, this class will give you the tools and techniques you need to get to the next level. I will teach you how to find coupons and decipher them as well as discuss store coupon policies. Coupon with Carol is on Facebook and Instagram. I will share some of my featured shopping hauls and tell you exactly how I was able to get such incredible savings.

Room S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov



Emergency Preparedness: The Other Bucket List
Friday, January 17

10:30-11:30 am

How prepared are you if a disaster happens? This class helps you get prepared. There will be a drawing for two emergency buckets at the end of class.

Limit 50 Room S104

Contact: Caroline Martin
cbaldrigemartin@murfreesborotn.gov

Taking Care of Your Car
with Christian Brothers Automotive
Tuesday, January 21

10:00-11:00 am

Car maintenance is so important, especially in the winter. Come and learn the ins and outs of taking care of your car as Andrew Slemph from Christian Brothers Auto gives us the low down.

Room S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Coffee, Money, & Questions with Shaneesa
Tuesdays, January 21 and February 18
8:30-9:30 am

Concerned about the current market conditions and how political, economic and cultural forces are shaping our markets? Let's talk about how this affects you as an investor. Grab a cup, bring your questions and come chat with Shaneesa Freshour from Edward Jones. Meets every 3rd Tuesday of the month.

Room E303

Contact: Kathy Herod,
kherod@murfreesborotn.gov

Chat with an Officer: Citizens Police Academy
Thursday, January 30
10:00-11:30 am

Citizens Police Academy: Senior Edition will cover the organizational overview of the Murfreesboro Police Department, the officer selection process and training basics the officers must go through in becoming a Murfreesboro police officer. Join Officer Amy Denton as she gives us the scoop. Those attending each bimonthly meeting (6 classes) will graduate and receive a diploma at the last class in November 2020.

Room S104

Contact: Caroline Martin
cbaldrigemartin@murfreesborotn.gov

In the Garden: Container Gardens
Monday, February 10

10:00-11:30 am

Learn how to choose the plants and containers offering the best effect in your garden with Master Gardener Carol Reese. Please sign up so enough handouts will be available the day of class.

Room S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov

AARP Meeting: Senior Mental Health
& Aging in Place Challenges
Friday, February 14

10:00 am-12:00 pm

Join our meeting where a representative from Amada Senior Services will be talking about Senior Mental Health and Aging in Place Challenges.

Room S104

Contact: Kathy Herod,
kherod@murfreesborotn.gov

AARP Safe Driver Class
Saturday, February 22
9:00 am-5:00 pm

Some insurance providers will offer discounts to those attending this course that are geared for the older driver. Please bring your AARP card to receive the fee discount. Payments will be made on the day of class. Make checks payable to AARP, as NO CASH will be accepted. You will also need to bring a sack lunch and drink.

Call the center to reserve your seat in the class. Class space is limited, so sign up early! Deadline to sign up for the class is February 18.

Class Fee: \$15 for AARP members
\$20 for nonmembers

Room S104



TRAVEL WITH ST. CLAIR

- **ALL trips depart from City Hall garage on Tommy Martin Dr. off of NW Broad St.**
- Let us know if you live at Westbrooks Towers or have special requests (ex: wheelchair) at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.
- Registration and payment for day trips may be made at the center with check or cash.
- For questions or more information on trips, please call Lisa Blythe at 615-848-2550 or contact her via email at lblythe@murfreesborotn.gov

**Kirby's First Timers ONLY Nashville Tour
Saturday, January 11****9:00 am-4:00 pm**

This trip is open to those who have never had the opportunity to go on Kirby's historic Nashville tour. Fee includes transportation and riding guided tour. Bring money for lunch.

Cost: \$14 Limit: 15**Deadline: January 8****McKay's****Monday, January 13****9:15 am-2:45 pm**

Not just a bookstore, McKay's includes music, movies, electronics, games, musical instruments, collectibles and more! Fee includes transportation. Bring money for lunch.

Cost: \$14 Limit: 15**Deadline: January 5****Lunch Outing****Tuesday, January 14****10:15 am-2:15 pm**

Touted by celebrities, fresh ingredients are used daily to prepare delicious Southern cuisine from recipes passed down through generations. Fee includes transportation. Bring money for lunch.

Cost: \$13 Limit: 15**Deadline: January 6****Tennessee State Museum &
Nashville Farmers' Market****Friday, January 17****9:30 am-4:45 pm**

Will you spend your day at the Tennessee State Museum or Nashville Farmers' Market, or split your time between the two? The choice is yours. Fee includes transportation. There is no admission charge at the museum. Bring money for lunch and shopping.

Cost: \$15 Limit: 15**Deadline: January 14****Nissan Smyrna Tour****Wednesday, January 22****12:00-2:45 pm**

Get an inside look at how cars are assembled during this guided tour. Fee includes transportation only. Tour is free. Cell phones and cameras are prohibited. You must wear a shirt with at least a 4" sleeve and closed-toed shoes. No flip flops or sandals are permitted on the tour. There will be no meal stop on this trip.

Cost: \$11 Limit: 13**Deadline: January 6****Harrah's Casino, Metropolis, IL****Thursday, January 23****8:45 am-9:00 pm**

Fee includes transportation and \$5 in free play and buffet lunch. A valid photo ID is required at the casino to get free play.

Cost: \$10 Limit: 55**Deadline: January 7****Lane Motor Museum****Friday, January 24****9:00 am-2:00 pm**

Home to the largest European collection in the US, featuring 150 unique cars and motorcycles, vehicles date from the 1920s up to modern day. Fee includes transportation and self-guided tour. Bring money for lunch.

Cost: \$21 Limit: 14**Deadline: January 9**

**Hatch Show Print & Country Music Hall of Fame
Tuesday, January 28**

8:00 am-2:45 pm

Hatch Show Print is one of America's oldest working letterpress poster shops, and Country Music Hall of Fame is home to a growing collection of over 2.5 million artifacts. Fee includes transportation, admission, and Hatch guided tour. Bring money for lunch.

Cost: \$56 Limit: 15

Deadline: January 7

Lunch Outing

Thursday, January 30

10:00 am-2:30 pm

Featured on Tennessee Crossroads, old-fashioned favorites and daily specials are served in a cozy, family atmosphere. Fee includes transportation. Bring money for lunch.

Cost: \$15 Limit: 15

Deadline: January 22

Schokolad Chocolate Factory Tour

Monday, February 3

9:00 am-2:00 pm

Go behind the counter to see how the chocolate machines work, and then pick out a mold, choose your favorite kind of chocolate, and watch as it's made before your eyes. Fee includes transportation, behind the counter tour and take-home treat. Bring money for lunch.

Cost: \$29 Limit: 14

Deadline: January 6

Tea Time at The Celtic Cup

Wednesday, February 5

12:45-5:30 pm

Your proper afternoon tea will include finger sandwiches, scones with clotted cream and jam, sweet pastries and cakes. Fee includes complete tea and transportation.

Cost: \$34 Limit: 15

Deadline: January 6

Lunch Outing

Monday, February 10

10:15 am-2:15 pm

This spot by the water was voted best sports grill for 14 years. Fee includes transportation. Bring money for lunch.

Cost: \$13 Limit: 15

Deadline: January 31

"Waiting in the Wings" at Pull-Tight Theatre

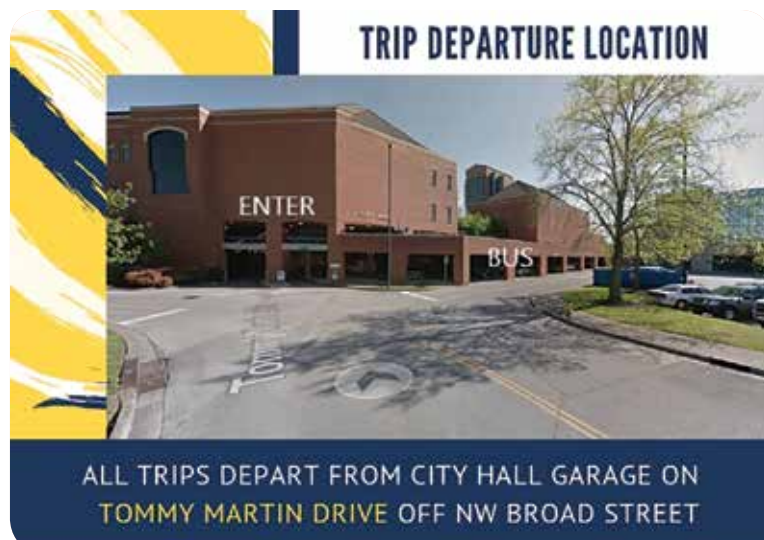
Wednesday, February 12

4:30-11:00 pm

In their twilight years, two dueling divas are forced to come face-to-face with past indiscretions and present indignities to see if they can salvage a happy ending for their final act. Fee includes transportation and production. Bring money for dinner.

Cost: \$37 Limit: 13

Deadline: January 10



**"The Trouble with Love" at the
Springhouse Theatre Company**

Friday, February 14

4:30-10:45 pm

A retelling of the classic "She Stoops to Conquer," this delightful love story is filled with mistaken identities and outlandish characters. Fee includes transportation and production. Bring money for dinner.

Cost: \$26 Limit: 15

Deadline: January 31

The Parthenon

Tuesday, February 18

8:45 am-2:00 pm

This replica of the Parthenon in Athens, Greece, stands proudly as the centerpiece of Centennial Park. Fee includes transportation and guided tour. Bring money for lunch.

Cost: \$18 Limit: 15

Deadline: January 14

"Breaking Up is Hard to Do"

Thursday, February 20

9:00 am-3:45 pm

This jukebox musical is based on songs composed by Neil Sedaka, including the title song, "Breaking Up Is Hard to Do." Fee includes production and transportation. Bring money for lunch.

Cost: \$33 Limit: 22

Deadline: January 14

"Love Letters" at Encore Theatre Company

Sunday, February 23

1:15-7:15 pm

A tender, tragic examination of the shared nostalgia, missed opportunities, and deep closeness of two lifelong, complicated friends. Fee includes transportation and production. Bring money for dinner.

Cost: \$25 Limit: 15

Deadline: February 6

Lunch Outing

Tuesday, February 25

10:00 am-2:30 pm

Originally a grocery store, this restaurant offers an assortment of new creations as well as traditional favorites. Fee includes transportation. Bring money for lunch.

Cost: \$15 Limit: 15

Deadline: February 14

Harrah's Casino, Metropolis, IL

Thursday, February 27

8:45 am-9:00 pm

Fee includes transportation and \$5 in free play and buffet lunch. A valid photo ID is required at the casino to get free play.

Cost: \$10 Limit: 55

Deadline: February 11



Country Music Cluster Dog Show

Thursday, March 5

11:30 am-4:45 pm

Each spring, the Nashville Kennel Club and the Tullahoma Kennel Club come together to showcase over 150 breeds at this four-day event. Thursday afternoon features Best of Breed competition. Fee includes transportation. Admission is free. There is no meal stop on this trip.

Cost: \$15 Limit: 15

Deadline: January 31

**"Bell, Book and Candle"
at Encore Theatre Company**

Sunday, March 8

1:15-7:15 pm

This comedy is about a modern-day witch who likes her neighbor but despises his fiancé, so she enchants him to love her instead, only to fall in love with him for real. Fee includes transportation and production. Bring money for dinner.

Cost: \$25 Limit: 15

Deadline: February 13

**SEE PAGE 55 FOR
2020 TRAVEL DESTINATIONS**

Southern Women's Show

Thursday, March 26

9:00 am-4:30 pm

Discover hundreds of boutiques filled with the latest fashions, trendy jewelry, gourmet treats, health and beauty, and more. Enjoy fashion shows, top chefs, and celebrity guests. Fee includes transportation and admission. Bring money for lunch at event.

Cost: \$38 Limit: 15

Deadline: January 14



"Jesus" on the Big Screen

Tuesday, April 7

3:45-10:00 pm

Filed in front of a live audience, Sight & Sound's spectacular original production is now coming to the big screen! Experience the greatest rescue story of all time as the Bible comes to life for this special Easter event. Fee includes transportation and ticket. Bring money for dinner.

Cost: \$47 Limit: 9

Deadline: January 6

Wildhorse Saloon

Tuesday, April 21

10:00 am-3:00 pm

Listen to the hottest Nashville music while you nosh on exceptional Southern cuisine. Complimentary line dance instruction is available for those interested. Fee includes transportation, line dance instruction and lunch.

Cost: \$46 Limit: 15

Deadline: January 14

"Summer: The Donna Summer Musical" at Tennessee Performing Arts Center

Saturday, May 30

10:15 am-5:45 pm

With a score featuring more than 20 of Summer's classic hits, this electric experience is a moving tribute to the voice of a generation. Fee includes production and transportation. Bring money for lunch.

Cost: \$74 Limit: 15

Deadline: March 6



"Charlie and the Chocolate Factory" at Tennessee Performing Arts Center

Saturday, June 13

10:15 am-5:45 pm

Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Fee includes production and transportation. Bring money for lunch.

Cost: \$79 Limit: 15

Deadline: March 12

FREE PHYSICAL FITNESS CLASSES**Get Fit, Stay Fit****Monday, Wednesdays & Fridays****8:00-9:00 am**

Join Jennifer Griffith for an hour of warm up, stretches and strengthening exercise.

Limit: 40 Room S105**SAIL: Stay Active & Independent for Life****Mondays & Wednesdays****10:30-11:30 am**

Stay active and independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling.

Limit: 20 Room P204**Let's Stretch****Mondays & Wednesdays****11:30 am-12:00 pm**

Stretching is important for the wellness of our bodies. We will be stretching from head to toe to get our bodies feeling good so we can continue with our activities and/or take on a few more.

Limit: 20 Room P204**Go4Life****Monday, Wednesday & Friday****1:00-2:00 pm**

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance.

Limit: 30 Room P204**Get Fit, Stay Fit****Tuesdays & Thursdays****8:30-9:25 am**

This class will focus on strength, balance, cardio, core, and range of motion. Instructed by Jennifer Griffith.

Limit: 30 Room P204**Zumba Gold****Tuesdays & Thursdays****9:30-10:20 am or 5:30-6:30 pm**

If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and

coordination. Instructed by Jennifer Griffith.

Limit: 30 Room P204**Go4Life****Tuesdays & Thursdays****10:30-11:30 am**

A low impact exercise group which focuses on Strength, Flexibility and Balance. The exercise group is great for those just starting an exercise routine or just getting back into exercising.

Limit: 20 Room P204**Fit4U****Tuesdays & Thursdays****12:00-2:00 pm**

This is a free 30-minute session with Jennifer Griffith to assess personal fitness goals & develop a program that is tailored just for you.

Limit: 4 Room P204**SAIL: Stay Active & Independent for Life****Tuesdays & Thursdays****1:00-2:00 pm**

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. You must have an assessment done by Laura Grissom before starting this class.

Limit: 15 Room P206**Core Galore****Tuesdays & Thursdays****2:30-3:30 pm**

In this class we will focus on core, balance, & range of motion. Some resistance techniques may be used in the form of elastic bands or free weights. You must be able to transfer to and from a mat.

Limit: 30 Room P206**Forever Fit****Tuesdays & Thursdays****4:30-5:25 pm**

This is a circuit class with interval training. We will use a variety of equipment for a total body workout.

Limit: 30 Room P204

Exercise classes continue on page 54.

MONDAY

8:00 am
Get Fit, Stay Fit
Room S105

9:00 am
Yoga with Larry
Room P204

10:00 am
Dot's Gentle Yoga
Room P206

10:30 am
SAIL
Room P204

11:30 am
Let's Stretch
Room P204

1:00 pm
Go4Life
Room P204

2:00 pm
Fun & Fitness
Line Dance
Room S105

Check with
your physician
before starting
any exercise
program.

TUESDAY

8:00 am
Tai Chi in a Chair
Room P206

8:30 am
Get Fit, Stay Fit
Room P204

9:00 am
Line Dance
Practice
with Delia
Room P206

9:30 am
Zumba Gold
Room P204

10:30 am
Go4Life
Room P204

12:00 pm
Fit4U
Room P204

1:00 pm
Intermediate
Tai Chi
Room P204

1:00 pm
SAIL
Room P206

1:15 pm
Advanced Line Dance
Practice
Room S105

2:15 pm
Beginning Tai Chi
Room P204

2:30 pm
Core Galore
Room P206

3:00 pm
Ballroom Dance
Room S105

4:30 pm
Forever Fit
Room P20

5:30 pm
Zumba Gold
Room P20

WEDNESDAY

8:00 am
Get Fit, Stay Fit
Room S105

10:00 am
Dot's Gentle Yoga
Room P206

10:30 am
SAIL
Room P204

11:30 am
Let's Stretch
Room P204

1:00 pm
Go4Life
Room P204

1:15 pm
Intermediate
Line Dance
Room S105

THURSDAY

8:30 am
Get Fit, Stay Fit
Room P204

9:30 am
Zumba Gold
Room P204

10:30 am
Go4Life
Room P204

12:00 pm
Fit4U
Room P204

1:00 pm
Intermediate
Tai Chi
Room P204

1:00 pm
SAIL
Room P206

2:15 pm
Beginning Tai Chi
Room P204

2:30 pm
Core Galore
Room P206

4:30 pm
Forever Fit
Room P20

5:30 pm
Zumba Gold
Room P20

FRIDAY

8:00 am
Get Fit, Stay Fit
Room S105

9:00 am
Yoga with Larry
Room P206

1:00 pm
Go4Life
Room P204

SATURDAY CLASSES

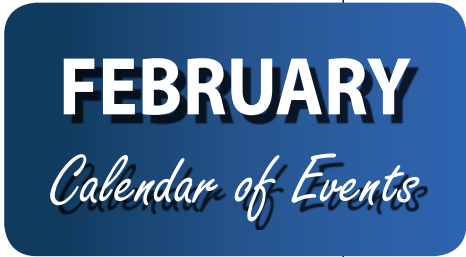
OPEN TAI CHI
1:00-2:00 pm
Room P204

The gym at St. Clair is available anytime the center is open. It features two treadmills, two ellipticals, one bicycle, one arm crank machine and one multi-use weight machine with a leg press.

ST CLAIR SENIOR CENTER 50	MONDAY	TUESDAY	WEDNESDAY
	<div>JANUARY</div> <div>Calendar of Events</div>		1 CENTER CLOSED HAPPY NEW YEAR!
	6 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 9:30 am Blood Pressure Clinic 10:00 am 315 Card Game 1:00 pm Mahjong 1:00 pm Singing Seniors 4:30 pm Stained Glass Class	7 8:30 am Social Ceramics 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 11:30 am Men's Health Forum 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	8 9:00 am Art with Vivian: A Winter's Watch 9:00 am Walk with Ease 9:00 am 8-Ball Pool Tournament 10:00 am Grief Support Group 10:00 am Beginning Crochet 1:00 pm Art Connection 2:00 pm Bid Whist Card Game
	13 9:00 am Stained Glass Class 9:15 am McKay's Trip 9:30 am Duplicate Bridge 9:30 am Blood Pressure Clinic 10:00 am In the Garden: Landscape in January 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors 4:30 pm Stained Glass Class	14 8:30 am Social Ceramics 9:00 am Inspired by Nature: Poppies are Bold 9:00 am Walk with Ease 9:30 am Health Break: The Aging Brain 10:00 am Open Knit & Crochet 10:00 am Quilting 10:15 am Lunch Outing Trip 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	15 9:00 am Acrylic Techniques 9:00 am Walk with Ease 10:00 am Cooking on a Budget for 1 or 2 10:00 am Beginning Crochet 10:00 am 315 Card Game 1:00 pm Art Connection 1:00 pm Clown Meeting & Rehearsal 1:00 pm A Chat on Depression 3:00 pm Caregiver Circle
	20 CENTER CLOSED	21 8:30 am Social Ceramics 8:30 am Coffee, Money & Questions with Shaneesa 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 10:00 am Taking Care of Your Car with Christian Brothers Automotive 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	22 9:00 am Art with Vivian: Art Lives Here! 9:00 am Walk with Ease 9:30 am Clown Trip to Tennessee State Veterans Home 10:00 am Cooking on a Budget for 1 or 2 10:00 am Beginning Crochet 12:00 pm Nissan Smyrna Tour Trip 1:00 pm Art Connection 2:00 pm Bid Whist Card Game
	27 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 9:30 am Blood Pressure Clinic 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors 4:30 pm Stained Glass Class	28 8:00 am Hatch Show Print & Country Music Hall of Fame Trip 8:30 am Social Ceramics 9:00 am Walk with Ease 9:30 am Health Break: Foot Care 10:00 am Open Knit & Crochet 10:00 am Quilting 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	29 9:00 am Acrylic Techniques 9:00 am Walk with Ease 10:00 am Beginning Crochet 10:00 am Cooking on a Budget for 1 or 2 1:00 pm Art Connection 1:00 pm Butter Bean Auction

THURSDAY	FRIDAY	SATURDAY
2 9:00 am Social Art 10:00 am Open Knit & Crochet 10:00 am Quilting 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong	3 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 1:00 pm Euchre	4 5 SUNDAY
9 9:00 am Social Art 9:00 am Walk with Ease 9:00 am St. Rose Bridge 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 1:00 pm Bunco 4:00 pm Trivia Games	10 9:00 am AARP Board Meeting 9:30 am Duplicate Bridge 10:00 am AARP Meeting: The Better Business Bureau 10:00 am Art for the Young at Heart 10:00 am Intro to Piano 1:00 pm Music Jam Session 1:00 pm Euchre	11 9:00 am Pinochle Tournament 9:00 am Kirby's First Timers ONLY Nashville Tour 12
16 9:00 am Social Art 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 10:00 am Couponing with Carol 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Health Break: What is a Keto Diet? 1:00 pm Mahjong 4:00 pm Trivia Games	17 9:30 am Duplicate Bridge 9:30 am Tennessee State Museum & Nashville Farmers' Market Trip 10:00 am Art for the Young at Heart 10:00 am Intro to Piano 10:30 am Emergency Preparedness: The Other Bucket List 1:00 pm Euchre 1:00 pm Karaoke	18 19 SUNDAY
23 8:45 am Harrah's Metropolis Casino Trip 9:00 am Social Art 9:00 am Walk with Ease 9:30 am Open House at St. Clair 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 1:00 pm Bunco 4:00 pm Trivia Games	24 9:00 am Lane Motor Museum Trip 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 10:00 am Intro to Piano 1:00 pm Music Jam Session 1:00 pm Euchre 2:00 pm Bean Auction 4:00 pm Mystery Movie	25 10:00 am Arthritis Support Group
30 9:00 am Social Art 9:00 am Walk with Ease 10:00 am Lunch Outing Trip 10:00 am Open Knit & Crochet 10:00 am Quilting 10:00 am Chat with an Officer: Citizens Police Academy Senior Edition 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 4:00 pm Trivia Games	31 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 10:00 am Intro to Piano 1:00 pm Euchre 1:00 pm Karaoke 6:00 pm Variety Show!	 ROOK Daily in room S501 or E304 PINOCHLE Daily in room P402 BILLIARDS Daily in room S501 CANASTA Daily in room R402 CHICKEN FOOT Daily in room S501 or E304 PUZZLES Daily in room R401

		MONDAY	TUESDAY	WEDNESDAY
		BILLIARDS Daily in room S501 CANASTA Daily in room R402 CHICKEN FOOT Daily in room S501 or E304 PUZZLES Daily in room R401	ROOK Daily in room S501 or E304 Check out our wonderful library, full of books, magazines and movies. LIBRARY open during operational hours. PINOCHLE Daily in room P402	
	3	9:00 am Stained Glass Class 9:00 am Schokolad Chocolate Factory Tour 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 10:00 am 315 Card Game 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors 4:30 pm Stained Glass Class	4	8:30 am Social Ceramics 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia
	10	9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 10:00 am In the Garden: Container Gardens 10:15 am Lunch Outing Trip 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors 4:30 pm Stained Glass Class	11	8:30 am Social Ceramics 9:00 am Inspired by Nature: Beautiful as a Picture 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 1:00 pm Home of Hope 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia
	17	CENTER CLOSED	18	19
			8:30 am Social Ceramics 8:30 am Coffee, Money & Questions with Shaneesa 8:45 am The Parthenon Trip 10:00 am Open Knit & Crochet 10:00 am Quilting 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	9:00 am Art with Vivian: Life is a Song 10:00 am Beginning Crochet 10:00 am Cooking on a Budget for 1 or 2 10:00 am 315 Card Game 1:00 pm Art Connection 1:00 pm Clown Meeting & Rehearsal 2:00 pm Communication POWER 3:00 pm Caregiver Circle
	24	9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors	25	26
		9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 12:30 pm Wii Bowling 1:00 pm Mahjong 1:00 pm Singing Seniors	8:30 am Social Ceramics 10:00 am Lunch Outing Trip 10:00 am Open Knit & Crochet 10:00 am Quilting 1:00 pm Hand & Foot Game 4:30 pm Beginner Trivia	9:00 am Acrylic Techniques 9:00 am Clowns to Reflections of Franklin Memory Center 10:00 am Pharmacist Consultation 10:00 am Beginning Crochet 1:00 pm Art Connection 1:00 pm Butter Bean Auction 2:00 pm Bid Whist Card Game

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	HOURS OF OPERATION Monday-Friday 6:00 am-7:00 pm Saturday 8:00 am-5:00 pm Sunday 1:00-5:00 pm	1
		2
6 9:00 am Social Art 9:00 am Walk with Ease 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 1:00 pm Bunco 2:00 pm African American Heritage Awareness with Harriet Tubman 4:00 pm Trivia Games	7 9:30 am Duplicate Bridge 10:00 am Parkinson Support Group 10:00 am Art for the Young at Heart 10:00 am Intro to Piano 1:00 pm Music Jam Session 1:00 pm Euchre 2:00 pm Mystery Movie	8 9:00 am Pinochle Tournament 10:15 am "My Fair Lady" at TPAC Trip
		9
13 9:00 am Social Art 9:00 am Walk with Ease 9:00 am St. Rose Bridge 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 4:00 pm Trivia Games	14 9:00 am AARP Board Meeting 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 10:00 am AARP Meeting: Senior Mental Health & Aging in Place Challenges 10:00 am Intro to Piano 1:00 pm Euchre 1:00 pm Karaoke 4:30 pm "The Trouble with Love" at the Springhouse Theatre Company Trip 6:00 pm Sweetheart Dance with music by Uptown Country	15 10:15 am Blue Man Group at TPAC Trip
		16
20 9:00 am Social Art 9:00 am "Breaking Up is Hard to Do" at Chaffin's Barn Dinner Theatre 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Health Break: Oh, My Sciatica! 1:00 pm Mahjong 1:00 pm Bunco 4:00 pm Trivia Games	21 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 1:00 pm Music Jam Session 1:00 pm Euchre	22 9:00 am AARP Safe Driver Course
		23 1:15 pm "Love Letters" at the Encore Theatre Company Trip
27 8:45 am Harrah's Metropolis Casino Trip 9:00 am Social Art 10:00 am Open Knit & Crochet 10:00 am Quilting 10:30 am Ultimate Bingo Thursdays 12:30 pm Party Bridge 1:00 pm Seniors Acting Up 1:00 pm Harmonicas for Health 1:00 pm Mahjong 4:00 pm Trivia Games	28 9:30 am Duplicate Bridge 10:00 am Art for the Young at Heart 1:00 pm Euchre 1:00 pm Karaoke	29 10:00 am Arthritis Support Group

PAID PHYSICAL FITNESS CLASSES

Sign up for classes requiring a fee at St. Clair Senior Center with cash or check payment.

Dot's Gentle Yoga
Mondays & Wednesdays
10:00-11:00 am

Yoga is wonderful for your mind, body and spirit. It concentrates on breathing, stretching and relaxing. Movements in class utilize props such as chairs, weights, blocks, and bands. Sign up and pay class fee with cash or check by December 31.

Limit: 25 Room P206
Cost: \$28 per month

Yoga with Larry
Mondays & Fridays
9:00-10:00 am

Class offering intermediate level yoga for seniors. This class concentrates on yoga posture, breathing, stretching and relaxing. Sign up and pay for class at front desk by December 31.

Limit: 21 Room P204 MON & P206 FRI
Cost: \$10 per month

Tai Chi in a Chair
Tuesdays
8:00-8:30 am

A great class for anyone unable to stand for an exercise class- all moves will be done in a chair. We will work on stretching, breathing, and stress relief. Sign up at front desk and pay class fee with cash or check by December 31.

Limit: 15 Room P206
Cost: \$10 per month

Intermediate Tai Chi
Tuesdays & Thursdays
1:00-2:00 pm

Advanced moves to improve stress, breathing, and overall fitness. Sign up and pay for class at front desk by December 31.

Limit: 15 Room P204
Cost: \$15 per month

Beginning Tai Chi
Tuesdays & Thursdays from 2:15-3:15 pm
 Smooth moves to improve stress, breathing and overall fitness. Sign up and pay for class at front desk by December 31.

Limit: 15 Room P204
Cost: \$15 per month

Ballroom Dance**Tuesdays from 3:00-4:00 pm**

Deborah Sullivan welcomes beginners and experienced students to her class. Students will learn the Tango in January and Cha Cha in February. Sign up at front desk & pay class fee with cash or check by December 31. Class begins 1/14.

Limit: 20 Room S105
Cost: \$26 per month

Open Tai Chi**Saturdays from 1:00-2:00 pm**

This class is open to all levels, beginners, intermediate and advanced. Sign up and pay for class at front desk by December 31.

Limit: 20 Room P204
Cost: \$10 per month

FREE LINE DANCE CLASSES**Fun & Fitness Line Dance**

Mondays
2:00-3:30 pm

This is a beginner class. No previous dance experience required as you learn the line dance "vocabulary" and various rhythms in a fun atmosphere moving to all genres of music with instructor Phyllis Petty.

Limit: 40 Room S105

Line Dance Practice with Delia

Tuesdays
9:00-11:00 am

Learn the art of line dancing with instructor Delia Robeson.

Limit: 25 Room P206

Advanced Line Dance Practice

Tuesdays
1:15-2:45 pm

This class is NOT for beginners. It is for those who have moved on from the beginners' class. Tom Robeson is the instructor.

Limit: 30 Room S105

Intermediate Line Dance

Wednesdays
1:15-2:45 pm

This class is for the intermediate line dance student. Learn different styles of dance to different types of music. Tom Robeson is the instructor.

Limit: 40 Room S105

TRAVEL DESTINATIONS 2020

DIAMOND TOURS

New Orleans • 5 Days

April 20-24, 2020 • \$579/pp double

Mackinac Island • 7 Days • **JUST ADDED!**

August 22-28, 2020 • \$699/pp double

Pigeon Forge &

Smoky Mountains Show Trip

3 Days • **JUST ADDED!**

November 17-19, 2020

\$376/pp double



PREMIER WORLD DISCOVERY

Iceland Explorer • 7 Days

June 3-9, 2020

\$3825/pp double



Classic New England

9 Days

October 1-9, 2020

\$3475/pp double



New York City Holiday Trip

5 Days

December 4-8, 2020

\$3145/pp double



GRAND AMERICAN TOURS

Canada & New England Cruise • 8 Days

September 26-October 3, 2020

Starting at \$2150/pp double

Venice to Rome Cruise • 11 Days

October 25-November 4, 2020

Starting at \$5450/pp double



WHITE STAR TOURS

Niagara Falls & The Erie Canal • 6 Days

New flyer lists additional stops on first & fifth days.

June 22-27, 2020

\$894/pp double

Perry County, Missouri • 4 Days

August 18-21, 2020

\$675/pp double

Ride the Rails West Virginia • 4 Days

October 5-8, 2020

\$679/pp double

MAYFLOWER CRUISES & TOURS

Danube Delights River Cruise • 11 Days

May 22-June 1, 2020

Starting at \$4848/pp double

Flyers available at the front desk & travel office.

Transfer to & from Nashville Airport provided.



This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.



Murfreesboro Parks and Recreation Department
P.O. Box 748
Murfreesboro, TN 37133-0748
615-890-5333
www.murfreesborotn.gov/parks



Planning an event? We've got your space!

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Gazebo
Banquet Rooms
Birthday Parties
Theatre
Gymnasiums
Picnic Shelters
Volleyball Courts
Cannonsburgh Village
Gateway Island
McFadden Community Center



Call (615) 890-5333 for more information, or visit www.murfreesborotn.gov/parks